



INSTRUCTION
FFI CERTIFIED INSTRUCTOR
& LICENSED HIGHLY SKILLED
GUIDES ON THE RIVER



TASTE & UNWIND
CHATTING ABOUT THE DAY
OVER A MEAL WITH CHEF &
SOMMELIER



NEW EXPERIENCES
NEW FRIENDS WITH
COMMON INTERESTS



ATLANTIC SALMON
FISH FOR SALMON, CHAR
OR TROUT

OUR JOURNEY TO FLOWERS RIVER LODGE, LABRADOR CANADA



Tight Loops Tight Lines held a hosted trip at Flowers River Lodge in Labrador in September 2019. Half of our guests were brand new anglers!

We were all waiting patiently on the dock at the seaplane base. Bags packed, smiles on our faces and full of excitement. We had been waiting for this moment for months! We boarded the sea plane for the short haul over lightly snow capped hills. It was sunny so we had an incredible view of the rivers, lakes and forests below. There were beautiful stretches of barren lands and my eyes searched for black bears...and though I know we were high up, I swear I saw one. An hour later we landed on Flowers River outside of the lodge and proceeded to deplane. The guides took our bags and we were greeted with a glass of champagne by Sommelier Jeremy Bonia and a warm bowl of soup (dream-worthy taste with Newfoundland cod and local herbs). With a half day of fishing ahead of us, this trip was off to a great start!

A stunning day on the water at Flowers River Lodge in Labrador, Canada.

Everyone suited up and we travelled up river in sturdy Gander River Boats to a long section of the river where we could all be easily set up to wet a line (but still close enough for instruction if needed). You could see the silver shine as salmon jumped in the river around us. We happily fished until sunset that day and enjoyed the boat ride back down river, reflecting on the day as the sky was lit up with pinkish hues. We docked our boats and proceeded to the wader room where there was a warm fire in the wood stove to help dry out our gear for morning.

A short while later we met up in the dining room (with another wood stove crackling) and were served the most wonderful meal by Chef Paul Templeton. Newfoundland pan seared scallops to start, a vegetable medley of Brussels sprouts, local chanterelle mushrooms, green onions and asparagus with roasted Newfoundland pork as our main; and a light fresh made panna cotta desert topped with candied sunflower seeds and sweet Newfoundland blueberries. Each course was paired with wine that was thoughtfully chosen by Jeremy, coming from female run wineries around the world.

After a hot shower, I retired that evening to an incredibly comfy bed with a down duvet. I let the wood stove burn all night and can still hear the crackling fire in my mind. Over the 3 days we fly fished for Atlantic Salmon, char and trout. Did casting lessons both on the dock and on the river, and spent a lot of time helping our guests with line speed, fishing techniques and fly selection. One day we had the most delicious shore lunch, and our chef, with waders on, made his way down through the river serving food between our casts. Why cant fishing be like this all the time?! All of that was just the icing on the cake...as I haven't even told you about the fishing!

*Our experience...
Flowers River
Lodge, Labrador.*



“From sunrise to sunset each day we were greeted with exciting Atlantic salmon fishing, delicious meals in a beautiful location. I cant wait to do it again!”

I love fishing at Flowers River Lodge. Rain or shine, it's a river I would choose over and over. It is the most northerly scheduled salmon river in Newfoundland & Labrador. The salmon run from July to September and the water is always cool and clear. You can spot the fish as they hold up in pools, and that really adds some excitement as you try to swing the fly perfectly in front of it to entice it to take. There are plenty of opportunities to fish (from boat or shore), no matter what your skill level, and the river bed is easy to navigate on foot. The salmon will take dry flies or wet, giving a spectacular show of agility and strength as they dance around the river on your tight line. Flowers river is a "catch and release" only river...meaning that you have to release every fish. It's proving to be a smart move for them...the river is full of salmon of all sizes, especially the large ones! They have a 30 pound club which I'm determined to be a part of at some point in the near future. A few times I thought I had made it, but not quite... 20 pound fish are incredible, all the same. I've never fished over so many large (20+ pounds) Atlantic Salmon as I have in this river.

The guides are knowledgeable and can help you through hooking, playing, landing and releasing the salmon ~ most will record your catch if you ask, sending you home with some photos or video so that you have something to look back on during the cool winter days in the off season, as I am doing today....allowing the past to be not just nostalgia but a reminder of what is possible. They'll change your leader and your flies if wanted, top you up with bug spray, and make you a cup of coffee on the river side. If you want to sit by a fire while you sip that coffee? Well, they will light you a fire too. You see these guys aren't part of the regular "rat race" days. They are far removed from the fight or flight regular society for enough time to appreciate how important every slow moment of the trip means to you. They encourage every deep breath and sigh of relief as the weight of life drifts away, and downstream for the week. Their cortisol levels must be lower than any chart depicts. There's something to be said about how a lodge picks its guides. At Flowers River, it is clear that they take pride in their staff.

If there's any downtime or if you choose not to head out on the river for a session, there is a Char hole in walking distance from the camp (there is a set time when char are up in the rivers, hopefully you will hit it!) or you can easily entertain yourself trout fishing off the dock. You're gifted a box of flies from the lodge that are proven to do well on that river, and with just a few others in your fly box, you will be good for the trip! Note: if you do want to char fish, you'll have to bring a some flies for this.

A Tight Line!



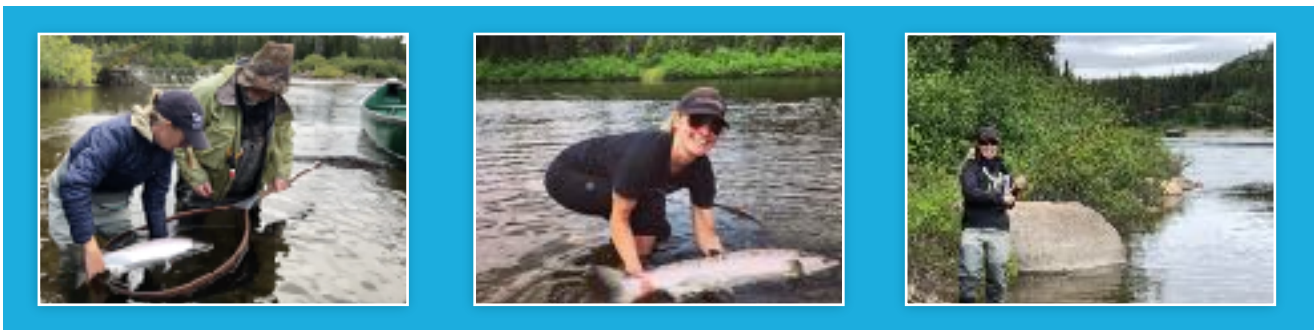
I put my phone under water to record the release of this Atlantic Salmon. The water clarity is wonderful!



Releasing another healthy Atlantic salmon.

What’s easy to overlook, but is incredibly important when it comes to the overall experience, is your **arrival and departure**. Upon landing in Goose Bay Labrador airport, you are picked up by staff and brought to your accommodations for the night. Not often do lodges offer this part of the package. You can stop off at a store to pick up anything you need for the night. At Otter Creek there’s wifi, strong coffee, a warm room with a TV and a comfy bed, complete with a down duvet ~ again, absolutely wonderful sleeping setup which is valuable after a day of travel. 2 full bathrooms on site with showers, a bbq, kitchen area, screened in porch and sitting area outside. If you’re there in the Labrador sunshine for an afternoon you won’t be disappointed. Most of the seaplane flights will leave first thing in the morning and conveniently you’re just a few steps away from the base. The flight is provided through Air Borealis ~ they are governed by Canadian air traffic regulations so sometimes there are delays due to weather or air time but they do their best, and Otter Creek is a home away from home if there are any unfortunate delays. The pilots are experienced and well accustomed to the Labrador wild... they will surely have a smile on their faces and they always seem to take the scenic route. When you get the chance to film their takeoff or landing from the lodge, make sure you do. Its graceful and memorable.

The last thing I’ll mention is the **food experience**... during our women’s hosted trip we brought our own chef. In the past their lodge chef was quite good as well, and starting the summer of 2020 they are introducing a red seal chef so their meals are sure to impress. One of the things I truly enjoy there is that they serve a meal of salmon from Sustainable Blue in Nova Scotia. This is a sustainable, earth friendly land based salmon farm in which the salmon are drug and chemical free... the smoked salmon which is served as a treat in the evening has me longing for more, 5 months later. There is a choice for breakfast, you can keep it simple with hot or cold cereal, or have eggs, toast, pancakes, meat of choice. I love this option as it gives you a comfortable start to the day. Lunches vary, I believe my favourites were the ones spent on the side of the river next to the fire... with a coffee pot, sandwich and sweet treat from the kitchen, kicked back on the shore with my feet up as I watch salmon jump in the river. After all, those are the times that give us warm memories through the long cold winter months.



Please check out our website for upcoming hosted trips like this one. If you’re looking for a trip to Flowers River this season, contact Mike Crosby @ www.FlowersRiver.com

Tight Loops, Tight Lines, and I hope to see you on the river this summer!

Kastine Coleman

www.TightLoopsTightLines.com