Tennessee's Native Brook Trout

How to Catch Wild Trout

Fly Fishing: Fly fishing is popular and some anglers prefer it for its challenge and the opportunity to connect with nature while heeding a brook trout's natural habitat. Some anglers find it easier and more fun to use fly fishing because of the size of fish they can catch. There are some flies that will only catch brook trout and some that will only catch rainbow trout, so it is important to research the flies before you go fishing.