Tips table

River	Reach	Tips and interesting notes
Upper Mataura	2km either side of the Garston Bridge	The February 2020 flood knocked back the trout population, particularly medium-sized fish (250-350mm). Our latest (2022) dive has shown the population is recovering nicely. In the recent dive, trout were in outstanding condition. This may be due to lower trout numbers reducing competition for the best feeding areas. Good populations of mayflies seen on the rocks. The reach above and below the Garston Bridge had comparable fish numbers.
Upper Oreti	~3km either side of the Three Kings	Trout population is very healthy. Trout are often seen under the large undercut rock walls or undercut dirt banks. Trout numbers are higher below the Three Kings compared to above the Three Kings. Good populations of net spinning caddis were seen on the rocks.
Upper Waiau	From the Te Anau Lake Control to Balloon Loop	Very high trout densities in some areas, ~1000 fish per km. Highest trout densities in areas where water depth is ~2-3m (low numbers in deep areas). Browns are found on the edges, rainbows are found in the middle of the river.
Monowai	From the outlet to the Weir	There is often 20+ rainbows in the heavy white water at the lake outlet. Populations and fish size is always greatest during mouse plague years. There are often a few big brownies near the weir.

Lower Mararoa	Whitestone Confluence to the Gorge.	Solid rainbow trout populations occur throughout the river. Deep pools that flow next to a cliff face often hold the most fish. Salmon are occasionally seen in these areas.
Mid-Mararoa	Kiwi Burn to wash Creek	This stretch of river is heavily affected by didymo during the summer months. Excellent fishing during mouse plague years. If fishing in this area, fish from pool to pool.
Aparima	The separate reaches near Opio and Etalvale	Trout condition very good in recent years. The Etalvale reach has higher trout numbers than the Opio reach. Deep runs tend to hold the most fish (as opposed to the pools).