



# BOTTENVIKENS SKÄRGÅRD

HAPARANDA • KALIX • LULEÅ • PITEÅ • SKELLEFTEÅ



Discover  
sport fishing  
in the Bothnian Bay

# Are you ready for a fishing adventure?

Congratulations, you have a lot of fun ahead of you. Sport fishing is an exciting and relaxing activity that can easily be shared with others.

The Bothnian Bay coast and archipelago offer great opportunities for exciting sport fishing and rich outdoor experiences all year round, and there is plenty of space for everyone. However, the area is not widely known for its fishing, and even for keen anglers, the Bothnian Bay can be unfamiliar territory.

To remedy this and attract more people to the coast, we've compiled this sport fishing guide packed with facts and tips. We hope it will inspire you to pick up a fishing rod and embark on your own fishing adventures along our stunning coast and archipelago.

All of us in the five coastal municipalities wish you

*tight lines*

...it's bad luck to wish for good luck - so we won't say that!

## Did you know...

... fishing with rod and line, known as angling or sport fishing, is free on the Bothnian Bay coast and archipelago - **you don't need a licence to fish here.**

... the Bothnian Bay archipelago is the world's most northerly brackish water archipelago.

... the waters of the Bothnian Bay boast both freshwater grayling and saltwater herring - it's a unique world here.

... the pike is not just a sought-after game fish but also delicious to eat.

... the stripes of the perch provide good camouflage and that the fish changes colour according to its mood.

... in winter, when the ice covers the Bothnian Bay, you can easily get out to many great fishing spots.

... in the outer archipelago, the water is almost as clear as in mountain lakes.

## What is sport fishing?

Sport fishing refers to recreational fishing that you do with a rod that you hold in your hand. Sport fishing is something you do for fun and for your own consumption. It is as much about enjoying the moment as catching fish. Examples of sport fishing include float fishing, spin fishing, jigging and fly fishing.



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# What exactly does fishing involve?

Sport fishing can give you a great mix of outdoor experiences, excitement and fellowship with others. For the inexperienced angler, all the terminology, methods, equipment, species and different theories can be a bit confusing. But it doesn't have to be that complicated.

Although there is an infinite array of fishing tackle available, you really don't need much to get started. A rod, line and reel, some kind of bait and gear to handle your catch with - and you're good to go. Fishing tackle shops can give you good advice on what equipment you need.

In this chapter, we go over the most basic fishing methods and the equipment you might need. If you get stuck on any strange words, there's a glossary at the back of the guide.



Photo: Malin Isaksson



Photo: Malin Isaksson

## POLE FISHING

Pole fishing is an effective and flexible fishing method for both beginners and experienced anglers. Although pole fishing is the oldest form of sport fishing, it is constantly evolving.

Depending on the species, location and season, there are different varieties you can try. The easiest way is to fish for roach or perch from a jetty using a float and a worm. You can also try bottom fishing for whatever might want to bite in the nearest bay.



Photo: Rapala VMC

*Classic fishing float*

**Equipment:** pole, bait, landing net, pliers or forceps  
**Common baits:** worm, maggot, sweetcorn, shrimp, peas  
**Common species:** perch, ide, roach, bream

## SPIN FISHING

Spin fishing or casting is probably the most common form of sport fishing. It basically means casting and reeling in a lure whose movement is intended to attract the fish to bite.

Spin fishing doesn't require much equipment to get started. The basics are a rod, a reel and a line that can handle lure weights of 10-40 grams. And, of course, some fishing lures. Then you're all set to fish for perch, pike, grayling, trout and more. The most important thing is to learn how to cast and when to let go of the line. There are plenty of videos online showing you how to do this.

When fishing, it's a good idea to cast your lure some distance away from where you think there are fish. Then you can reel the lure in at varying speeds to give it a lively and irregular action.

If you don't catch anything on the first go, just cast again. One tip is to fish the area in a fan formation (see p. 23) and try different lures before you move on. The colour and lure that worked yesterday may not work today.

**Equipment:** rod and reel, lure, landing net, pliers or forceps  
**Common lures:** jig, spoon lure, spinner, wobbler  
**Common species:** pike, perch, trout, grayling



**Jigs.** An effective all-round lure that works in most situations. Jigs are soft lures that can be rigged in many different ways. The most common is with a jig head, which is a weighted hook, but there are many other options. The most common way to fish with a jig is to let it bounce along the bottom. When it hits the water, let the jig sink down until it reaches the bottom. As fish often bite the jig as it sinks, it is important to keep the line taut. Photo: Pure Fishing



**Wobblers.** A wobbler is made of hard material and has a spoon in the 'nose'. It has a rocking motion in the water that attracts predatory fish. There are many different types of wobblers in many different shapes and colours, some that float and others that sink at different rates. The sinking type attracts the fish immediately, while the floaters must be reeled in so they dive and attract fish. Photo: Pure Fishing and Rapala WMC

Photo: Skellefteå municipality





**Spoon lures.** A classic and simple fishing lure, often made of shiny metal, that is designed to resemble a fish. It is easy to cast and has a wiggling motion in the water to attract predatory fish such as pike, trout and perch to bite. Fish at different depths and vary the speed when reeling in the bait. Photo: Pure Fishing



**Spinners.** A spinner is a fishing lure with a rotating spoon that vibrates and creates light reflections. It is one of the best all-round lures. Great for grayling, perch and trout but works for all predatory fish. Attach the spinner with a lure snap, but not directly onto the line, otherwise the line will twist and risk tangling. Wind in at different speeds and make small stops from time to time. Photo: Rapala WMC and Pure Fishing



## CASTING FLOAT, BOMBARDA AND SBIRULINO

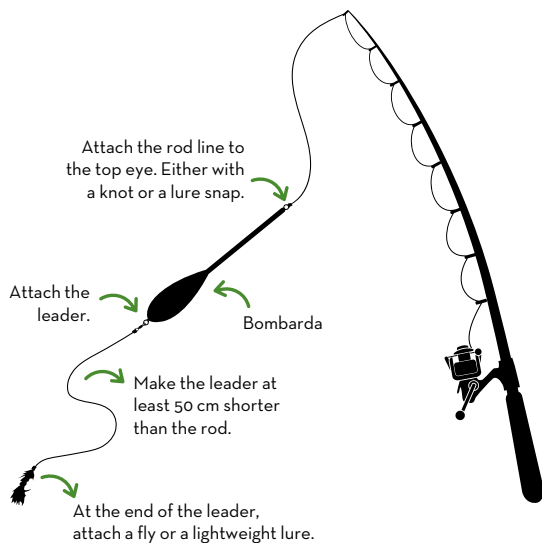
There are many different models and names, but all are variations on a float attached to your spinning rod.

Whichever model you choose, it will act as both a weight and a float, allowing you to fish with lighter baits such as flies, worms and shrimp on spinning gear. The method is popular for trout fishing but can work on most species depending on the choice of bait or lure.

**Equipment:** spinning set, float/bombarda, lure, landing net, pliers or forceps

**Common lures:** leader with different flies, shrimp or baitfish

**Common species:** trout, grayling, whitefish and pike



## FLY FISHING

Fly fishing is a fun method used primarily when fishing for trout and grayling. But pike and other species can also be attracted to the lure. Fly fishing may not be the first thing a beginner should try, but once you learn how to handle a fly rod, it's easy to get "hooked".

To get started with fly fishing, you will need a fly rod with a fly reel, fly line, and flies for the type of fishing you intend to do. There are several types of fishing flies in endless designs. Most often, they imitate different insects that land on the water surface or live in the water. **Dry flies** are flies that float. Flies that sink are called **wet flies**. A **tube fly** is tied on a small plastic or metal tube with the leader passing through a plastic sleeve in the tube and tied directly to the hook. A **streamer** imitates small fish or small crustaceans and a **nymph** imitates an aquatic insect larva.

**Equipment:** fly rod, fly, landing net, pliers or forceps

**Common lures:** dry fly, nymph, wet fly, streamer and tube fly

**Common species:** grayling, trout and whitefish

## JIGGING AND ICE FISHING

Jigging is a good fishing method on winter ice, but it also works in summer from a boat. Jigging rods, or ice fishing rods, are available in several sizes and designs to match the species, method and bait.

A sharp ice drill and an ice scoop make the fishing easier. If you don't get a bite within a few minutes, move and try a new hole. Maybe try a little shallower or go deep?



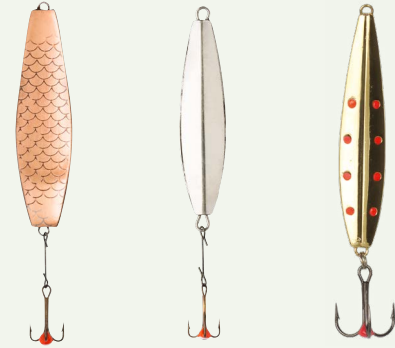
Photo: Larissa Das Mercedes Nagate

**Equipment:** ice fishing rod, lure, bait, ice drill, ice scoop, stool or seat box, pliers or forceps

**Common lures and baits:** vertical jig, spoon lure, balance jig and mormyshka, and you can then bait with maggots, shrimp or worms

**Common species:** perch, whitefish, grayling and roach

Photo: Rapala VMC



**Vertical jig.** This metal jig is often used in ice fishing. It is a long narrow, heavy piece of metal with a hook and comes in many different varieties. A vertical jig hangs straight down and is fitted with a single or treble hook at the bottom. Bait the hook with a maggot, for example, make up-and-down movements with the rod and wait for the bite. Photo: Rapala VMC



**Balance jig.** A jig that is designed to imitate a swimming fish to attract predatory fish. It is good for fishing in shallow water and should not be baited. When you move the rod, the balanced jig will swim back and forth in the water. Photo: Rapala VMC



**Mormyshka.** The word mormyshka derives from a Russian term for a small shrimp or aquatic larva. Originating in Russia, the mormyshka is a hooked weight that comes in many different shapes and metals. It is tied directly to the line, so a soft tip as a bite indicator is needed at the tip of the rod to indicate the cautious nibbles.  
Photo: Rapala WMC

It's cold out on the ice!  
Bring something to sit on, dress warmly  
and don't forget something hot to drink.

Photo: Jörgen Wiklund



## SIGHT FISHING WHEN ICE FISHING

This is an exiting method when ice fishing in shallow water. Simply lie on your stomach on a mat and look down the ice hole as you jig. This allows you to see the bottom, the bait and when the fish bites. If you sprinkle some crushed eggshell into the hole and put a jacket or blanket over your head, you'll get an even clearer view of the bottom. If it's windy, turn your feet into the wind so you feel less cold.



Photo: Dan Blomkvist



## HOW TO TIE A KNOT

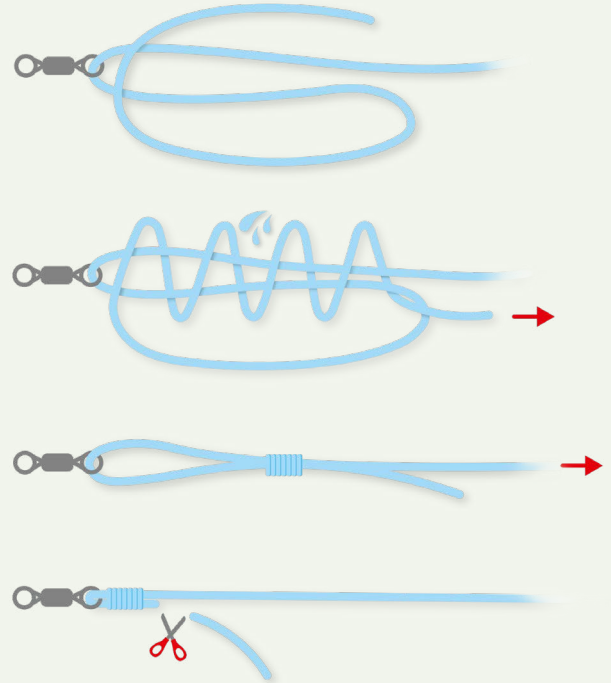
As the weakest link between angler and lure, the knot is often the cause of lost fish and tackle. So it's very important that the knot is as strong as possible. Here, we introduce you to two basic fishing knots.

It's also important to **wet the knot with saliva** before tightening it - otherwise the friction when the lines are pulled against each other can weaken the line and make it break more easily.

Photo: Lisa Lundstedt

## IMPROVED CLINCH KNOT - FOR ATTACHING TACKLE TO YOUR FISHING LINE

As one of the most widely used knots in fishing, the improved clinch knot is good for tying things like a bait hook, a swivel or a steel leader to the end of the line. The water makes the line slippery, but wrap it at least five turns around itself and the knot will hold.



## DOUBLE SURGEON'S KNOT - FOR JOINING TWO LINES

The double surgeon's knot is a fishing knot that is easy to tie and is useful for joining two lines of different thicknesses, for example if you want a leader at the end of a thicker line. This knot is also known as a water knot. It allows you to splice all types of elastic lines such as nylon or fluorocarbon.

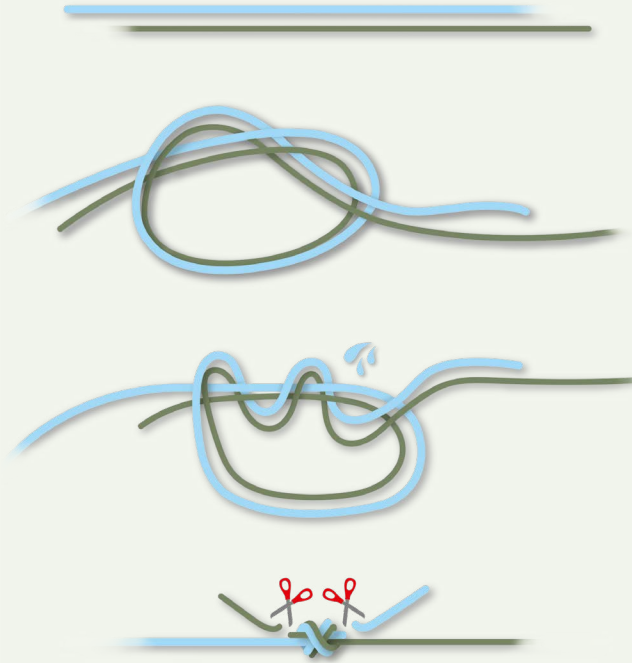


Photo: Rapala VMC



Photo: Malin Isaksson

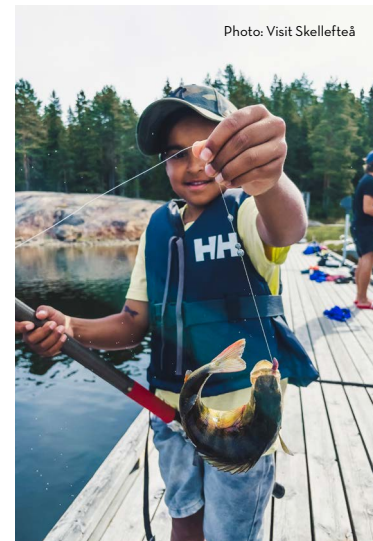


Photo: Visit Skellefteå

## Why no bites?

There are all sorts of answers and theories on this. Here are some tips and explanations that might help you avoid asking yourself that question. Learn more about the fish you're after, what it usually eats and where that food might be at that particular moment.

Different fish thrive in different temperatures.

Perch, for example, love warmth and enjoy it when the sun heats up the water in summer. Pike, on the other hand, become more active when it's cooler.

Weather changes tend to impact both fish and fishing. After a long period of high pressure with warm, sunny weather, a rain shower can make the fish active and that might be the time to go fishing.

If the atmospheric pressure is low or dropping, fish like the perch may be inactive and not so keen to bite.

### ARE YOU IN THE RIGHT PLACE?

There you are, with your fishing rod and colourful lures, longing to catch the fish of your life - but where should you go?

In general, fish seek out places where they can find shelter and food. In summer, the small fish often stay in shallow bays with lots of vegetation on the bottom, where they feed on plankton and plants. The large predatory fish, such as pike and large perch, will then try to sneak up on the small fish.

Fish have good hearing and are easily spooked, so be calm and quiet to increase your chances of landing a catch.

Shallow bays and just outside are good places to look for fish. Other exciting places to explore include headlands, estuaries and reefs. To fish for grayling, you should head to more exposed locations, such as pebbly and rocky shores, where the wind creates movement in the water.

Perhaps the easiest approach is to drop a line from a jetty. It's fun for a child to get a bite, even if it's a lively little roach. Before you go out onto a jetty, you may want to check that it's okay to fish there.

### ARE THE FISH BITING?

There are better and worse fishing periods. Anglers often talk about fish having bite times, which are short periods when the fish bite particularly well for various reasons. Time of day, weather conditions, wind, atmospheric pressure and moon phase can play a role.

Keeping a fishing diary can be a good way to learn what affects your success rate. You can then analyse the data from your catches and learn the best bite times in your favourite fishing waters.

## Tips!

Scan the area of water you can reach with your casts. Spread out your casting in a **fan formation**, starting from the right and casting the next cast a little more to the left until you've fished the whole area in front of you. Or you can start from the left and work your way to the right.

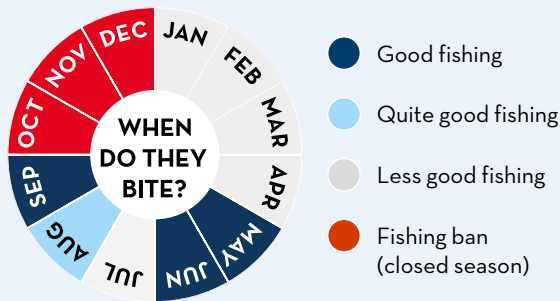
Don't be disappointed if your hook snags on the bottom - it happens to the best of us!



# Fish of the Bothnian Bay

So what kind of fish are in the waters of the Bothnian Bay and how do you catch them? In this chapter we describe the most common fish species in our waters. We also provide fishing tips and tell you when each species is most active.

For most of the fish described in this guide, we've created a small 'fishing calendar' showing which months are best for catching that particular species. And which are worst. We can't guarantee results, as many factors need to align for a bite, not least fishing skills – and luck.



## European perch

*Perca fluviatilis*

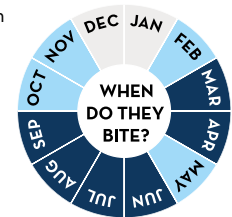


The perch, our most common fish, is found all along our coast. It often swims in schools and can grow to over 50 cm in length, but is more commonly around 20 cm or so. Photo: Jörgen Wiklund

**Fishing method:** The easiest way to catch a perch is by pole fishing with a worm from a boat or jetty. To step things up, use a light rod with a jig or spinner. In winter, perch can be caught through the ice with a shiny jig and a maggot.

**When and where:** Perch can be fished all year round but are particularly active in the warmer summer months and a little way into autumn. They can also bite well under the ice in the spring sun.

Perch like to stay close to places where they can seek both food and structures that provide shelter. Fish along reedbeds, rocks, shallows, dead trees and jetties. Large fish are harder to find, but try along deep edges and hopefully, with patience, you'll have some success.



## Northern pike

*Esox lucius*

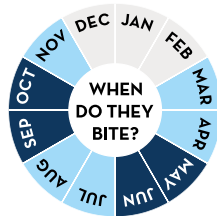


The pike is a voracious predator with a mouth full of razor-sharp teeth. Well camouflaged in the vegetation, it sneaks up on its prey and then makes an explosive attack. Large pike are important for the whole ecosystem, so let them live. Photo: Jörgen Wiklund

**Fishing method:** When going for pike, spinning with a slightly heavier rod, braided line and a steel leader is recommended. A wobbler or rubber lure reeled in at varying speeds usually attracts a bite. But spoon lures and spinners also work. Fish more slowly and deeply in cold weather. Try different colours and sizes to find the right lure for the day.

**When and where:** In spring and early summer, when the water is cool, you'll often find pike in bays and other shallow areas. As it gets warmer, they move further out, into deeper water. You can then fish along the edges of reedbeds, around reefs and along sheer, deep edges where the pike's prey often gather.

**Really big pike should be handled with extra care when unhooking. Keep the fish in the water, unhook it immediately and let it swim away and thank it for a good fight.**



## Common roach

*Rutilus rutilus*



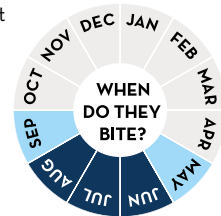
Like ide and bream, the roach is a member of the carp family. With shimmering silver scales, it is identifiable by its red eyes and small mouth. In Finland and the Baltic States, it is a popular food fish, not least pickled like herring. Photo: Jörgen Wiklund

**Fishing method:** Pole fishing is a simple and effective method to get roach to bite. All you need is a pole and line, a small float and a small hook and you're good to go. Fish close to the bottom and bait the hook with a worm, maggot or sweetcorn.

Jigging is also good, using a classic jig intended for perch. Bait the hook with a maggot or worm and fish close to the bottom.

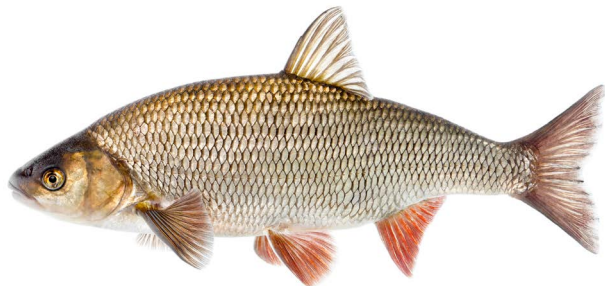
**When and where:** Fishing for roach is often good after spawning in spring and they remain active throughout the summer. Roach are commonly found in bays with soft seabeds and lots of vegetation. A depth of 1-2 m is ideal in summer, meaning that fishing is also possible from the shore or a jetty.

If you want to fish for roach in late autumn or winter, it's not uncommon for them to gather in deep sections of the bay.



## Ide

*Leuciscus idus*



With its silver body and red fins, the ide looks a little like a roach. However, the ide's eyes are yellow rather than the red of the roach. As it grows larger, the colour changes to more of a grey or golden brown. The ide can grow significantly larger than the roach, with fish of over 50 cm and around 2 kg not uncommon.

Photo: Jörgen Wiklund

**Fishing method:** Bottom fishing is the most common method. A simple rod works, but it should preferably be a little longer and with a sensitive tip. Make sure the hook is of the smaller variety and bait it with a worm, sweetcorn or shrimp. The ide is a predatory fish and you shouldn't be surprised if it bites your perch spinner or trout lure. If you want to challenge yourself, you can also catch ide with a fly rod.

**When and where:** The ide roam the shallow, warm bays of the coast in search of food and are most active during summer.

Look for deep bays, preferably close to a river with no migration barriers, as they need flowing water to spawn during spring. With a little luck you may also see shoals of ide hunting juvenile fish or feeding on insects at the surface.



## Common bream

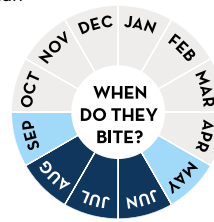
*Abramis brama*



Bream are silvery when small but often turn more grey-brown over time. They have a much taller body shape than the ide and roach. Breams like to eat small bottom-dwelling snails and insects. In Sweden it is not so popular as a food fish, but in many other countries it is a popular dish. Photo: Jörgen Wiklund

**Fishing method:** Float and bottom fishing are common methods used to catch bream. Of the many baits you can use, one tried and tested method is to have a worm and sweetcorn on the same hook. Other baits worth trying are bread, maggots or green peas. Bream often stay close to the seabed, so place your bait on or just above the bottom, where you have the best chance of a bite.

**When and where:** Bream fishing is at its best in summer when the water is warmer. Look for sheltered south-facing bays with soft beds, where there is usually more food. Cloudy water can indicate the presence of bream as they forage in and along the bottom. Late evening or night fishing can often be best, as the larger fish move closer to shore under the cover of darkness.



## Burbot

*Lota lota*



The burbot is a long, dark brown, slimy codfish that wriggles along the seabed like an eel. It can weigh well over 5 kg. The burbot is a coldwater fish that spawns in winter. Photo: Jörgen Wiklund

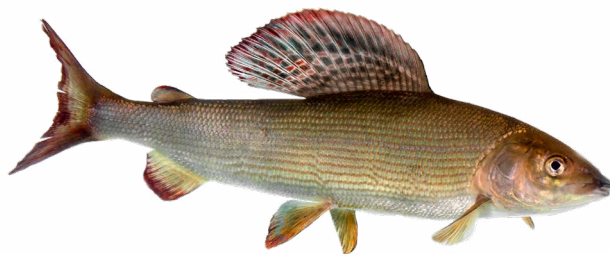
**Fishing method:** The most common method is to try catching the burbot from the ice. Equip yourself with a sturdy ice fishing rod with a strong nylon line and a leader. Make a large hole, at least 150 mm, so you can get the wriggling fish through the hole. Put on a rattling jig, a heavyweight jig, or some other type of weight. Bait the hook with a piece of fish or shrimp. Then dunk the bait on the bottom to attract the burbot's interest. The scent of the bait should attract bites. In open water, bottom fishing with roach can be an option.

**When and where:** The classic ice fishing for burbot takes place in the evenings, between December and February, from dusk onwards during the dark hours of the day. Take your family or a friend out on the ice, light a fire, admire the stars and maybe even the Northern Lights, and catch the slinking hunters of the dark. Reefs and other rocky areas by deep drops and tapering passages can be good fishing grounds, as the fish gather there to spawn and forage.



## Grayling

*Thymallus thymallus*

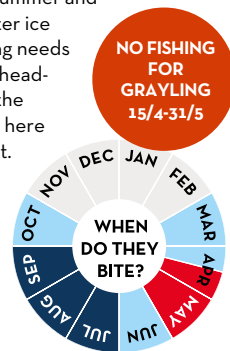


The grayling has shiny scales and a large, distinctive dorsal fin in beautiful colours. Grayling usually live in rivers and lakes, but the Bothnian Bay has unique local populations that both spawn and live in the sea. Photo: Jörgen Wiklund

**Fishing method:** Fishing with a rod and bombarda with 2-3 small flies can be very effective with the unique coastal grayling of the Bothnian Bay. Small spoon lures or spinners also work well. On a windless day, there is also a chance of catching grayling with dry flies. During the winter, you can try fishing at a depth of about 0.5 meters with an ice fishing rod and a mormyshka baited with a maggot.

**When and where:** The grayling bite best during summer and autumn, but can also be caught in the spring-winter ice fishing season. Anyone looking for coastal grayling needs to get out a bit in the archipelago. Shallow reefs, headlands and bays with sandy and rocky bottoms in the outer coastal waters are hotspots. The fish come here searching for small crustaceans and insects to eat.

**Special rules apply to the sensitive grayling population of the Bothnian Bay. Fishing for grayling is prohibited during the closed season. At other times, you can only keep 3 grayling per person per day. You can't keep grayling that are less than 35 cm long.**



## European whitefish

*Coregonus lavaretus*



The whitefish belongs to the salmonid family, but the systematics of this group are complicated and not yet fully understood. Geographically, it is one of Sweden's most widespread fish species. Whitefish can live as long as 30 years and reach weights of up to 5-6 kg. Photo: Jörgen Wiklund

**Fishing method:** The most common method is to ice fish by eye in shallow water. Use an ice fishing rod with a small mormyshka or nymph and bait with a maggot. Fish with cautious movements and try different colours to crack the code for that day. Black is almost always good, but a bright pink or red colour may prove more successful at times. If you want to fish for whitefish in open water at other times of the year, bottom fishing with worms is a tried and tested method, but the risk of catching perch and other species instead increases significantly.

**When and where:** Whitefish patrol the coast in large shoals and in late winter they're often found in bays, around reefs and shallow rocks, at a depth of half a metre, where they swim in search of food. South-facing bays with sandy bottoms are places that whitefish like to spawn in during the autumn and they sometimes stay around through the winter.

You can fish for whitefish as soon as the ice has formed, but it is perhaps safer, more popular and more relaxing in the spring when the sun is shining and the days are getting longer.



## Sea Trout

*Salmo trutta*

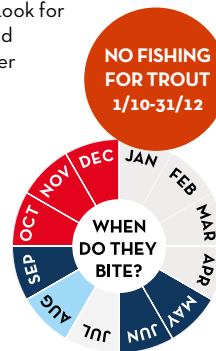


Sea trout and brown trout are actually the same species. Sea trout migrate between the sea and fresh water while the brown trout remains in lakes and rivers. In the sea, they are sometimes confused with salmon, but trout have more spots below the lateral line. Photo: Jörgen Wiklund

**Fishing method:** A slightly longer rod is recommended with a long narrow lure, or a bombardarda with 2-3 flies of varying sizes. The trout is an avid hunter almost constantly moving in search of food. Everything from small insects and crustaceans to herring is on the menu.

**When and where:** Trout are most commonly fished as they migrate upriver to spawn in autumn and spring. However, there is a chance of catching the trout at sea as they temporarily seek out food among rocks and vegetation in shallower areas. Look for bays and headlands where the ice clears early and around islands and reefs, preferably a little further out in the coastal waters.

**The Bothnian Bay has a sensitive population of trout due to migration barriers and other human impacts in the rivers. Regulations and conservation areas are therefore in place to protect and conserve fish stocks. Find out about the rules where you want to fish. You're not allowed to keep trout smaller than 50 cm in length.**



## Baltic herring

*Clupea harengus*



Atlantic herring and Baltic herring are basically the same species – the name depends on where it is caught. In the Baltic Sea, north of Kalmarsund, it is called Baltic herring (*strömming*). If it is caught further south or on the West Coast, it is called Atlantic herring (*sill*). So the Bothnian Bay has Baltic herring swimming around. Photo: Jörgen Wiklund

**Fishing method:** Fishing for herring can be really fun and rewarding, and can be done both from land and from a boat. All you need is a rod or pole with herring tackle including up to five hooks and a sinker. Cast out, let the rig sink and wind in slowly. It's not uncommon to catch fish on all the hooks at once.

**When and where:** You only have a very short window to catch herring, as they come closer to the shore to spawn for a few weeks before midsummer in June. They live further out at sea for the rest of the year. You need to be in the right place when the shoal swims by.



## Fish that might bite – even if you don't want them to

### Ruffe

*Gymnocephalus cernua*

The ruffe is a small, brown, fish in the perch family with a spiny dorsal fin. Swedes sometimes called it the *snorgärs* ('snot ruffe') because of how slimy it can be. The ruffe feeds on zooplankton, fish eggs and bottom-dwelling creatures. It's not unusual to find a ruffe on your hook when you're actually fishing for perch or roach.



Photo: Jörgen Wiklund

### Fourhorn sculpin

*Myoxocephalus quadricornis*

Don't be alarmed if a fourhorn sculpin bites when you're out fishing for perch or whitefish. This spiny fish, with four bumps on its head, has no swim bladder and therefore lives on the seabed, where it eats bottom-dwelling creatures and small fish. In summer it's active at night, but in winter it's active during the day. A fourhorn sculpin can grow up to 35 cm long.



Photo: Jörgen Wiklund

# Fish that probably won't bite – no matter how much you try

## Atlantic salmon

*Salmo salar*

The large, shiny salmon has given its name to the whole family of salmonids, which are recognised by the small adipose fin located in front of the tail fin. Salmon are born in our rivers and migrate to the Baltic Sea to grow. When ready to spawn, they then migrate all the way back to the river where they were born. Sea fishing for wild salmon is strictly regulated. But this is not something you need to worry about, as a salmon is unlikely to bite in the archipelago.

When living in the sea, salmon are silvery. The mature males then change their appearance as they migrate up the rivers.



Photo: Jörgen Wiklund

## Zander

*Sander lucioperca*

The zander also goes by the name pike-perch, and with its perch-like body and razor-sharp teeth, it certainly lives up to that name. Zander can be found in the Bothnian Bay but they are rare. As an angler, you're unlikely to encounter one in the archipelago.



Photo: Jörgen Wiklund

# Fishing regulations

Fishing with rod and line along the Swedish coast is basically free. Unlike fishing in lakes and rivers, you don't need to buy a fishing licence or ask permission from a landowner. This type of fishing along the coast is open to both Swedish and foreign nationals and applies to all fish species except salmon.

However, you can't fish wherever and however you want. It's your responsibility as an angler to find out what rules apply in the location where you intend to fish.

Some species have minimum size limits and closed seasons, which may apply to all or part of the coastline. In addition, there are conservation areas where fishing is totally prohibited.



The rules are there to protect stocks but also to ensure that they can continue to be fished. We all need to follow the rules so that future generations can catch a fish and enjoy a thriving ecosystem.

It may also be worth noting that recreational anglers are not allowed to sell their catch from the sea. Only licensed professional fishermen are allowed to do that.

This chapter sets out the current rules that everyone must follow. Think before landing small fish or that one-metre pike. Moderation is best, in terms of size and quantity.

## MINIMUM SIZE LIMITS

Minimum size limits are set in order to protect and conserve local and sometimes very vulnerable fish stocks.

The minimum size is the lower limit for how small a fish you can keep. The idea is to allow the small fish to grow and reproduce at least once before they can be landed.

Some species are also subject to a **maximum size limit**, to protect the really large individuals that are important not only for their own species but for the balance of the whole Baltic Sea.

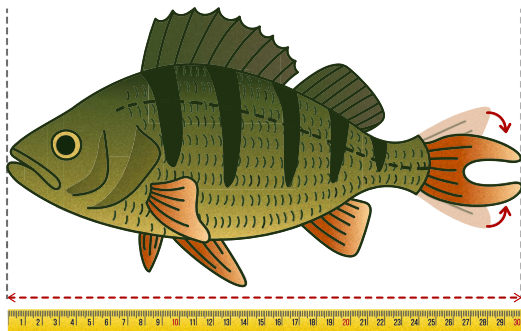
### Minimum size limits in the Bothnian Bay:

**Grayling:** 35 cm

**Trout:** 50 cm

It is also recommended that large grayling, longer than 45 centimeters, are released back into the water as they have a high reproductive value for the entire grayling population.

There are minimum size limits for salmon and zander, too, but these are unlikely to be caught in the waters of the Bothnian Bay.



The length of the fish is measured from the tip of the nose to the tip of the tail.

## CATCH LIMIT/BAG LIMIT

To ensure that the number of fish being caught is sustainable, there are also rules on catch limits, meaning that you can't catch more than a certain number of fish per day.

When sport fishing for grayling, a **maximum of three grayling** may be kept per person per day.

## CLOSED SEASONS

It's fine to fish for most fish all year round, but there are closed seasons for some species. These are periods when you're not allowed to fish for these species, as a way to protect the fish during spawning season.

### Closed seasons in the Bothnian Bay:

**Grayling:** fishing ban 15 April - 31 May

**Trout:** fishing ban 1 October - 31 December



Photo: Jörgen

**NOTE:**  
I am left in  
peace from  
15 April -  
31 May.

## COASTAL ESTUARIES

If you plan to fish near a coastal estuary, you need to be aware of the rules that apply there. There are almost always closed or prohibited areas in the sea around the mouth of rivers.

Specific rules apply to fishing for salmon and trout in these estuaries:

- Torneälven
- Kalixälven
- Råneälven
- Luleälven
- Piteälven
- Byskeälven
- Åbyälven
- Kågeälven
- Bureälven

Please note that outside all other coastal rivers, a total fishing ban applies from September 1 to December 31, within 200 meters of the river mouth.

## AM I ALLOWED TO FISH FOR SALMON?

Fishing for salmon in the Bothnian Bay coastal area is highly regulated. For example, wild salmon are completely protected for most of the year. Where you fish also matters. If you happen to hook a wild salmon, it must immediately be released back into the sea, dead or alive. Farmed salmon can be recognised by the removal of the adipose fin. Wild salmon have the adipose fin intact.

If you want to fish for salmon, carefully check the rules that apply where you intend to fish!

## PROHIBITED FISHING METHODS

It is prohibited to fish with any type of gear with the intention of snagging one or more hooks on the outside of the fish (snag fishing).

Fishing with a fishgig, harpoon, spear or any other similar implement is also prohibited, as is catching fish with firearms, explosives, poison or electric current.

### READ MORE

Go to [svenskafiskeregler.se](https://svenskafiskeregler.se) to read more about the rules for recreational fishing along the coast. All the current rules and regulations can be found on **the website of the Swedish Agency for Marine and Water Management** ([havochvatten.se](https://havochvatten.se))



# Be kind to the fish!



Whether you're fishing for dinner or just for pleasure, the welfare of the fish should be your first priority, both during the actual landing and when handling your catch afterwards.

## WHAT TO DO WITH THE FISH...

### ... WHEN I GET A BITE?

It is important that you bring in your fish as soon as you can. Prolonging the process can build up high levels of lactic acid in the fish's muscles, which can make it difficult for it to survive when released. This is particularly important when the water is warm.

Don't leave your fish gasping for breath on the ice, beach or boat!



### ... IF I'M GOING TO RELEASE IT?

Make sure you minimise the fish's time out of the water and quickly remove the fishing hook. Be careful to preserve the important mucus layer on the fish, as this protects the fish against fungal, bacterial and viral attack. **Wet your hands, never handle a fish with dry hands.** Use a knotless net that you can quickly unhook the fish in, before you release it. If you need to lay the fish down on the ground, use an unhooking mat.

Keep a pair of pliers or forceps handy, as it saves precious seconds - having to search for the right tool while the fish is gasping for breath is not good.

However proud you are of your catch  
- don't run around showing off the fish to everyone. And if you want to take a picture  
- do it quickly and then release the fish as soon as you can.

If the fish is bleeding heavily, it's best to kill it and keep it as part of your catch.

### ... IF I'M KEEPING IT?

Dealing with the fish quickly reduces its suffering, while improving the quality of the flesh and its shelf life.

Kill your fish immediately! The easiest way to do this is with a few hard blows to the head, above the eyes. A tool known as a priest or fish bat can be useful.

The blows will stun the fish, but to make sure it's dead, you should also bleed it. The easiest way to do this is to cut the fish's throat or cut off its gills.

Stabbing the fish in the head with a knife is painful and rarely works - don't do it!

## Tips!

Bring a cooler and some ice packs to keep the fish fresh. Even better, freeze water in plastic bottles - then you have cold water to drink on your fishing trip.

**Kill your fish immediately if you're going to keep it!**

### ... WHEN THE WEATHER IS VERY COLD OR HOT?

The mucus layer and eyes of fish are sensitive to cold. If you're fishing in less than -10°C and intend to release your fish, it is extra important that you minimise the time the fish spends in the air. Never leave the fish flapping around on the ice or in the snow, whether you're releasing it or keeping it.

Warm weather reduces the amount of oxygen in the water which may stress many fish. Even at a water temperature of 18-20 degrees Celsius, some fish species can have difficulty surviving a release. Grayling, trout and pike are more sensitive than for instance perch and ide. If you want to fish anyway, and intend to release your catch, it is particularly important to reel the fish for a short time and unhook it without lifting it out of the water. Such handling increases the fish's chance of surviving the release.

Or you could leave your fishing gear in the shed and do something else that day.

### ANGLERS' CODE OF CONDUCT

The Swedish Anglers Association has adopted a code of conduct for anglers. You will only take what the stocks can bear and you will show respect for the fish. You will protect nature and the environment and be considerate of others. And last but not least, you will know and respect the rules.

#### READ MORE

Anglers' Code of Conduct  
Code of conduct for sport fishing  
([sportfiskarna.se](http://sportfiskarna.se))



Foto: Rapala VMC

# Enjoy your freshly caught fish

Caught a fish? Congratulations! As an angler, you have a fantastic opportunity to catch your own deliciously healthy food. And there are countless great fish recipes to explore at home. Why not try a double-breaded boneless pike fillet, a Gotland ide patty, a bream burger or pickled roach!

But the best feeling comes from cooking the fish in the great outdoors. All you really need is a fish, some salt and some good embers. Build a fire and let it burn down to get that nice glow to cook the fish over.



Photo: Lisa Lundstedt

## HOW DO I CLEAN MY FISH?

1. Cut open the belly of the fish from head to anal opening.
2. Cut the tendon that connects the gills and lower jaw, grasp the gill attachments and pull them away (if using a knife, make a cut on both sides at the base of the gills). Pulling the gills should bring the guts out with them. Make sure the gall bladder and intestinal contents don't come into contact with the flesh.
3. Remove the 'clotted blood' on both sides of the spine.
4. Rinse the fish and keep it cool until it's time to cook it.

## FISH PARCEL ON EMBERS

Cooking your fish in aluminum foil gives you moist flesh, and the method works with just about all fish. Perch, grayling and trout are particularly good.

### This is how you do it:

1. Clean your freshly caught fish.
2. Salt the inside of the fish, and the outside if you scaled the fish, and let it stand for a while for more tender and even results.
3. Place the fish on aluminum foil.
4. Fold the foil up to make a parcel, one fish per parcel. Make sure the foil join runs along the top to reduce the risk of anything leaking out.
5. Wait for embers to form.
6. Place the foil parcel directly on the embers or on a grill rack if you have one. Turn over after a few minutes.
7. Check if the fish is done. Eat the fish directly with your hands or put it on a piece of crispbread.

## Tips!

Get into the habit of always packing some salt and a sharp knife when you go fishing. A bit of aluminum foil is not a bad idea either.

And don't forget matches!

If you want to make it a little more luxurious, you can add seasoning such as butter, lemon, pepper, garlic, dill or fresh herbs, which you add to the fish before grilling. A foil parcel of sliced potatoes in butter and a cold sauce make the experience even better.

### IS THE FISH DONE?

The fish is done when the flesh comes off the bones. You can also try pulling on the dorsal fin – when the dorsal fin comes off, the fish is usually ready. The time it takes varies depending on the species, the size and the temperature of the embers.

The most common mistake that many people make is to overcook the fish so the flesh becomes dry – don't do that!



Photo: Rapala VMC

## Eating fish is healthy but...

Fish is a great food, containing vitamin D, healthy fats and many essential trace elements – good for your body and your brain! Unfortunately, fish can also contain other, much less healthy, substances, so you need to watch what fish you eat and how often.

Historical and ongoing discharges of various pollutants have resulted in some fish species containing excessive levels of these substances, which our bodies have difficulty breaking down and can be stored in the body for life. These substances can also be transferred to the foetus during pregnancy and the baby during breastfeeding.

### WHAT FISH SHOULD I BE CAREFUL ABOUT IN THE BOTHNIAN BAY?

Measurements of oily fish species, such as **wild-caught salmon, trout and herring**, have shown elevated levels of dioxins and PCBs, both environmental toxins.

The Swedish National Food Agency recommends that children, adolescents, pregnant and breastfeeding women, as well as those who want to become pregnant in the future, avoid eating these fish more than two or three times a year. Others should eat these fish no more than once a week.

Predatory fish such as **pike, zander, large perch and burbot** may contain elevated levels of mercury.

The advice here is that if you're pregnant, breastfeeding or planning to have a baby, you should not eat these fish more than two or three times a year. Others should eat these fish no more than once a week.



**READ MORE**

Livsmedelsverket  
([livsmedelsverket.se](https://livsmedelsverket.se))

# Safety first

When fishing by or on the sea, summer or winter, the key is to avoid accidents – and that means good preparation. It's your duty to know the rules that apply at sea.

If you're in a boat – don't go into more difficult waters than your boat is designed for. And put your life jacket on! When going out on the ice – carry ice picks and keep an eye on the thickness and quality of the ice. In the event of an accident, you need to take the right action quickly!



## IN THE EVENT OF AN EMERGENCY AT SEA – ALWAYS CALL 112

Read more from the Swedish Sea Rescue Society about better safety at sea with preparation and the right equipment. If you're a member of the Sea Rescue Society, you can call 0200-29 00 90, even in a non-emergency situation. The Society has rescue stations in Kalix, Luleå, Piteå and Skellefteå ([sforaddning.se](http://sforaddning.se)).

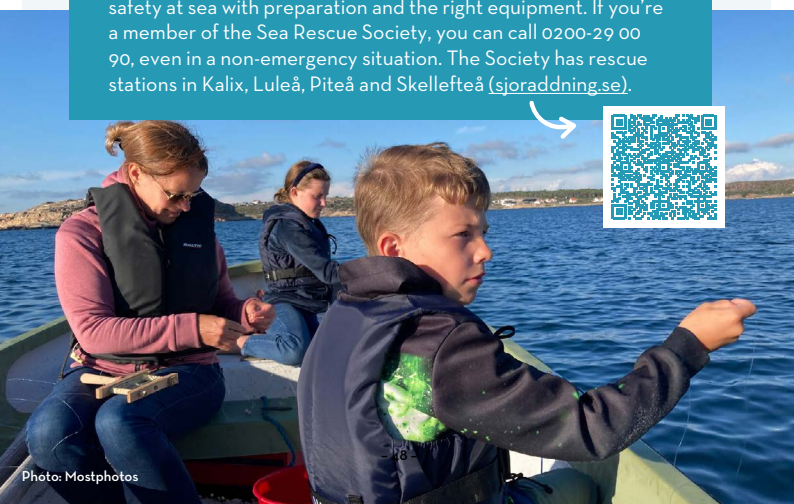


Photo: Mostphotos

## SEA SAFETY

Fishing from the coast or on the sea has its risks if you're not well prepared. Risks that can be avoided.

### BEFORE YOU GO OUT TO SEA:



**Check the weather!** Always check the weather before heading out and keep an eye out for any changes in the forecast. There are a number of weather apps to download. As well as the app from the Swedish Meteorological and Hydrological Institute (SMHI), others include the Swedish Maritime Administration's 'ViVa' and the Swedish Sea Rescue Society's 'Kustväder'.



**Tell someone where you're going!** Make sure someone on shore knows where you are and when you're expected home. If your plans change, let them know.



**Lifejackets on!** Make sure everyone on board is wearing a life jacket. Lifejackets save lives. If the boat capsizes but remains afloat, stay with it. You'll be safer there than if you swim to shore.



**Make sure you can raise the alarm!** If the worst happens, always make sure you can raise the alarm. Keep your mobile phone in a waterproof case, so you can call for help even in the water. Remember to raise the alarm quickly, as it may take a while for help to arrive. It's better to cancel an alarm than to send one too late.

Also remember not to be out on open water during thunderstorms, as your fishing rod can become a lightning rod. If you hear the rumble of thunder, it's best to move to a safer place.

### READ MORE

Safety at sea -  
Svenska Båtunionen  
([batunionen.se](http://batunionen.se))



Safety at sea -  
Sjöräddningssällskapet  
([sforaddning.se](http://sforaddning.se))



# Tips!

Install the emergency 112 app on your mobile. The operator will automatically receive your position.

## SAFETY ON THE ICE

When the ice sheet forms, the archipelago opens up in a completely different way. Places you would otherwise need a boat to reach can now be accessed on skis, a snowmobile or by other means. Stepping out onto the first ice for some winter fishing is such a great feeling. But it's important to be careful. Avoid dangerous situations by making the right preparations.

### BEFORE YOU HEAD OUT ON THE ICE:



**Check the weather!** Strong winds and rain can weaken an ice sheet quickly, especially in open water as waves can erode the ice. This is particularly true towards late winter/early spring, when offshore winds develop and the ice can suddenly detach from the land and drift out to sea. SMHI has information on the current state of the ice.



**Tell someone where you're going!** Make sure someone on shore knows where you are and when you're expected home. If your plans change, let them know.



**Ice picks on!** They should sit high around the neck, outside your clothes and under your hood. Practice how to use the ice picks.



**Mobile phone in a waterproof case!** Keep your phone where you can quickly get to it. If an accident happens, you should be able to reach your phone easily and call for help. People who can raise the alarm themselves have the best chance of being rescued.

And bring a friend! When there's more than one of you, you can help each other in an accident, and you'll have a great time fishing. It's also important to dress for the weather. Take a packed lunch and a hot drink, because you think and fish better when you're not cold and hungry.

#### READ MORE

Ice safety  
([issakerhet.se](http://issakerhet.se))



Safety on the ice  
([sforaddning.se](http://sforaddning.se))



### BE AWARE OF THE ICE CONDITIONS

Ten-centimetre-thick clear ice provides a good safety margin. If you decide to fish on thinner ice, you need to be very careful. The safety of the ice varies, so 10 cm in early winter may be safer than a metre of ice later in spring. It all depends on the quality and structure of the ice.

Ice is affected by currents, wind and rain. One piece of advice is to stay away from inlets, outlets and straits with currents.

Look out for open bays where the wind often keeps the water moving and thus makes ice formation more difficult.

A thick layer of snow on the ice makes the ice form more slowly, and the snow can hide weak spots.

#### READ MORE

What to do if  
the ice breaks  
([sforaddning.se](http://sforaddning.se))



Sea ice – SMHI  
([smhi.se](http://smhi.se))



# The right of public access

The right of public access allows us to move freely in the Swedish countryside, but it only works if everyone acts responsibly.

## DON'T DISTURB, DON'T DESTROY

### REMEMBER...

- ... be considerate of plant, animal and bird life.
- ... pay attention to local rules, access bans and public order by-laws. Go to **Protected nature - Swedish Environmental Protection Agency** ([naturvardsverket.se](http://naturvardsverket.se)) for more information about the rules.
- ... dogs are not allowed off the lead in forests and fields from 1 March to 20 August. At all other times, you must have full control of your dog. In protected areas, the dog must always be on a leash.
- ... leave ancient monuments, boulders and rocks untouched, don't make rock stacks in the shingle fields.
- ... only start a fire in a designated area, not on rocks, be aware of the fire hazard and extinguish properly.
- ... respect local residents and other visitors.
- ... public spaces are for everyone, so show consideration by leaving the area clean and tidy.
- ... take your rubbish home.



### READ MORE

Read more about the right of public access on the **Swedish Environmental Protection Agency's website** ([naturvardsverket.se](http://naturvardsverket.se)).



## USEFUL INFO WHEN FISHING FROM A BOAT

### YOU CAN...

... temporarily moor your boat, swim and go ashore almost anywhere

### BUT REMEMBER...

- ... don't place yourself too close to houses or disturb residents along the beachfront.
- ... motorboat users in particular need to show extra consideration, there may be speed limits in place.
- ... don't drive at high speeds when close to land.
- ... it is forbidden to go ashore or approach some islands, such as bird and seal sanctuaries, at certain times of the year.
- ... the same rules that apply on open water also apply on the winter ice.



Foto: Jörgen Wiklund



Photo: Norrbotten County Administrative Board/Ån

## The shallow bays are the sea's nursery



Shallow bays with dense vegetation on the seabed are important for the whole archipelago. The soft seabeds are perfect for all sorts of aquatic plants to grow and spread out into dense meadows.

Teeming with life, these are one of the most species-rich environments in the Bothnian Bay. This is where the smallest animals live, such as insect larvae and crustaceans, which in turn provide food for fish and birds.

You'll also find lots of fish here. As these waters warm up faster in spring, many fish species come here to spawn. The small juveniles find food in the dense vegetation, and they can also take shelter and hide from fish and birds that want to eat them.

The further out into the archipelago you go, the more important these bays become as oases in an otherwise exposed archipelago environment.

This might be worth thinking about the next time you pull up your anchor and it's draped in tangled weed. You've taken up a small piece of the nursery for small fish.

If you can, anchor outside the shallow bay and leave the fish to grow in peace.

# Discover the Bothnian Bay archipelago

From shallow bays to open seas and over 4,000 islands, the Bothnian Bay coast and archipelago offers plenty of fishing spots for beginners and experienced anglers alike.

This is the world's most northerly brackish-water archipelago – where the freshwater of the great rivers mixes with the salty waters of the sea to give us something that is neither freshwater nor saltwater. In the Bothnian Bay, the salinity is 2-4 parts per thousand, compared with 6-9 parts in the Baltic Sea and 35 parts in the North Sea.

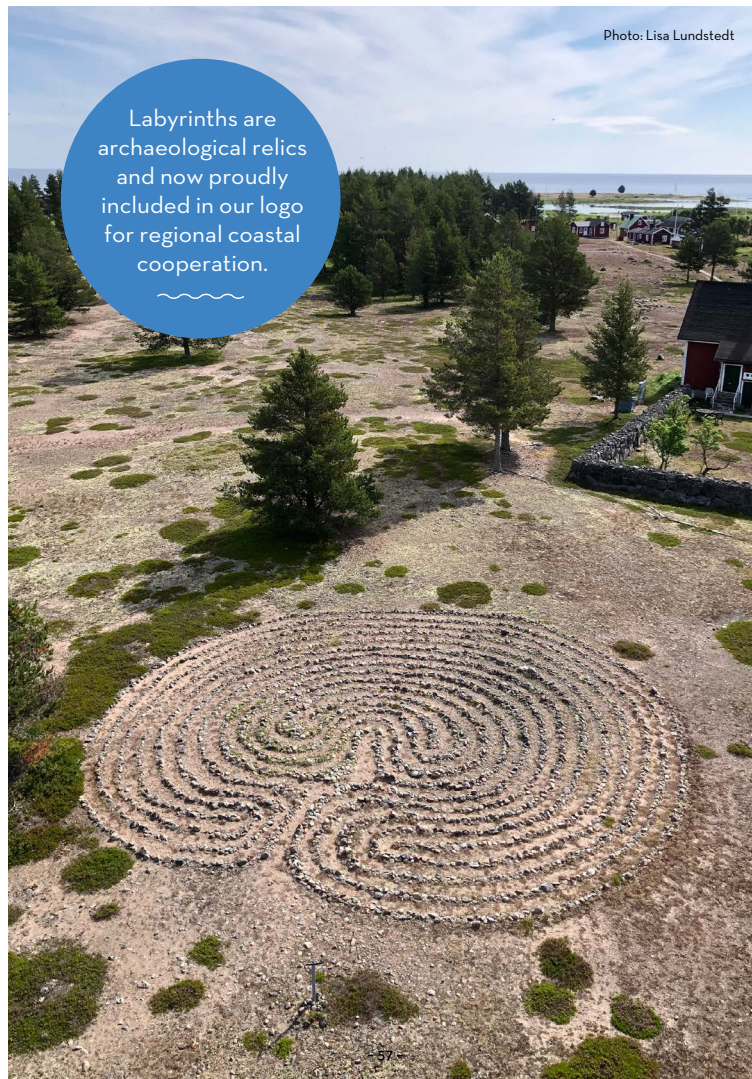
Brackish water combined with large seasonal changes creates unique environments. So here you'll find several freshwater species, such as grayling and perch, in the same waters as the marine herring.

There are many traces of the last ice age in this area and the land is still rising from the melting ice. Land uplift is around 0.9 cm per

year, creating new islets, larger islands and shallower bays. The historic environments of the Bothnian Bay bear witness to the seafaring, hunting and fishing of the past. The area is awash with labyrinths – of Sweden's more than 300 known labyrinths, around 100 are located here. Walking a labyrinth was a way to invoke higher powers to improve your hunting and fishing fortunes – might be worth a try if the fish aren't biting!

In summer, it's light day and night and it's never too early, or too late, for a fishing trip. The ice-covered waters of winter make the archipelago more accessible. Spring, many people's favorite season, offers a fascinating spectacle as the sun returns and the ice slowly loosens its grip.

Labyrinths are archaeological relics and now proudly included in our logo for regional coastal cooperation.





# Haparanda coast and archipelago

The archipelago's position in the borderlands is evidenced by the fact that many islands have both Swedish and Finnish names, such as the island of Skomakaren, which is also called Suutari. The island of Kataja is the easternmost point of Sweden, and over the Swedish-Finnish border the same island is called Inakari.

The Haparanda archipelago features low-lying islands with many long sandy beaches. Right out at sea is Sweden's easternmost national park - Haparanda Archipelago National Park, while a little closer to land, Hanhinkari, Torne-Furö, Skomakaren and Seskar-Furö are popular islands to visit. If you don't have your own boat, Seskarö offers both fine beaches and outdoor experiences in an archipelago setting.

Fishing has been pursued along Haparanda's coast and archipelago for centuries, with vendace, salmon, whitefish and herring still important for the area's fishermen. For anglers, there are many bays and reefs to discover.

## MORE INFORMATION ABOUT SPORT FISHING ALONG THE HAPARANDA COAST

([haparanda.se](http://haparanda.se))





## Kalix coast and archipelago

At the top of the Bothnian Bay lies the Kalix archipelago, with its mix of rocky islands and low-lying sandy beaches. It is home to the highest island in the Bothnian Bay and the northernmost point of the Baltic Sea. At the mouth of the Kalixälven river, you'll find the former spa town of Nordanskär, with a jetty and a lovely beach. Furthest out lies Malören – a fishing village dating back to the Middle Ages. Further into the archipelago, Halsön is known for its fine sandy beach and further out, in the Likskär nature reserve, Renskär has a cottage for rent right by the jetty and the beach.

Fishing has been an important source of income for centuries in the Kalix archipelago, and today's commercial fishing operates out of Storön, Nyborg and Båtskärsnäs. Kalix has also given its name to the exclusive vendace roe produced here, although the vendace is fished all along the Norrbotten coast.

The Kalix archipelago is a great place for sport fishing enthusiasts, whether you have a boat or prefer to stay on dry land. There are plenty of islands with shallow bays and a variety of fishing waters where you can fish for pike, perch and whitefish, as well as grayling and trout.

It is worth noting that anglers don't need a fishing licence to fish in the lower parts of the Kalixälven river, from just north of Vassholmen down to the river mouth.

### MORE INFORMATION ABOUT SPORT FISHING ALONG THE KALIX COAST

([kalix.se](http://kalix.se))





# Luleå coast and archipelago

The Luleå archipelago is where the beauty of nature meets rich cultural heritage. With its 1,312 islands, the area is constantly changing - land uplift increases the total area of the islands by over 2 km<sup>2</sup> per year. In fact, in 1649, the town of Luleå was moved from Gammelstads kyrkstad to its current location precisely because of land uplift.

The Luleå archipelago is accessible all year round. In summer, daily tour boat services take you out into the archipelago and in winter, when the ice covers the sea, plowed ice roads lead out to some of the larger islands. The Luleå archipelago is known for its ports and harbours, tourism and commercial fishing.

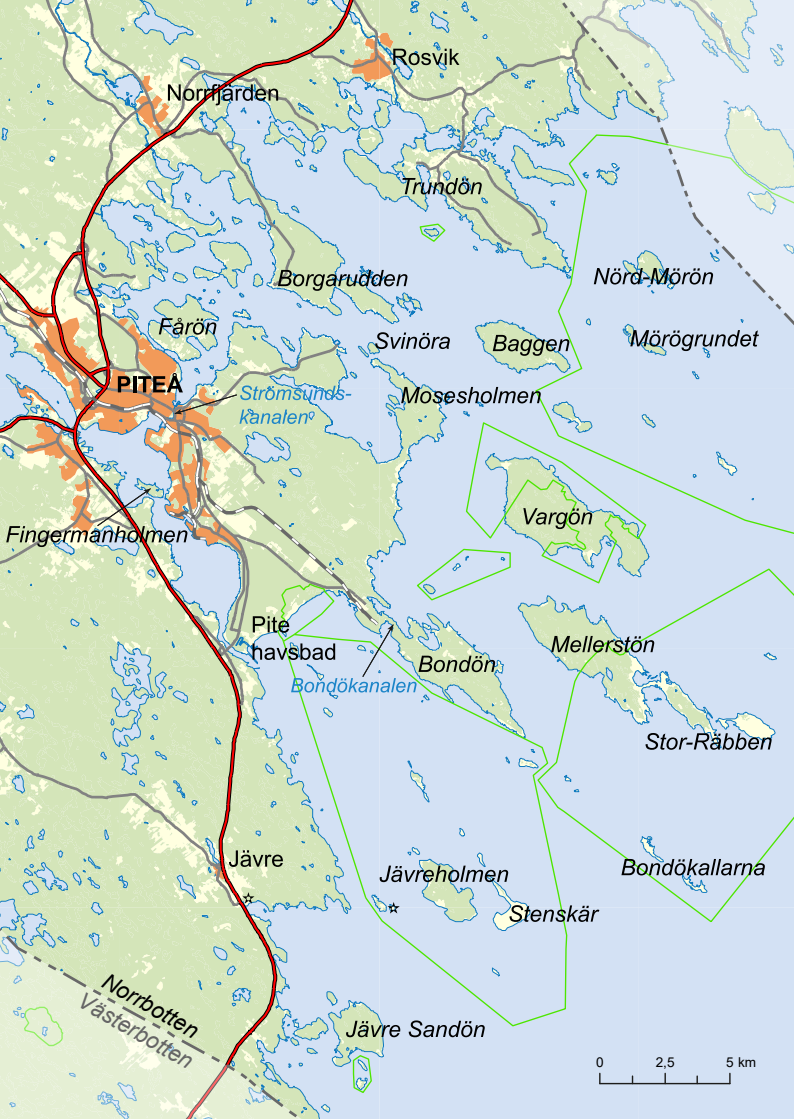
The one hundred or so residents on Hindersön, Sandön, Junkön, Stor-Brändön and Långön in particular help the archipelago to feel properly alive. You'll find a mix of tradition and modernity here, with the nature of the archipelago interspersed with historic chapels, charming cottages and lively guest harbours.

Luleå archipelago offers many opportunities for varied sport fishing. The waters off the mouth of the Råneälven river are a great place to catch pike, while out around Småskär and Finnskär you'll find countless reefs and bays teeming with life - perfect for perch, pike, grayling and ide.

## MORE INFORMATION ABOUT SPORT FISHING ALONG THE LULEÅ COAST

([lulea.se](http://lulea.se))





## Piteå coast and archipelago

Piteå's coast and archipelago offer distinctive flora, authentic heritage, fine swimming spots and many ancient remains, not to mention picturesque fishing villages, stone labyrinths, ancient forests and shallow sandy beaches.

Both Vargön and Mellerstön boast superb hiking trails and Stor-Räbben is great for orchids and fishing. The highest water temperature in the country is sometimes recorded at Pite havsbad, mere months after the archipelago has offered endless white expanses for snowmobiling and skiing. If you don't have a boat, there are plenty of destinations that can be reached by land.

There is some great fishing to be had along the coast and out in the Piteå archipelago. For example, you can fish for pike or grayling with a rod in the summer, or ice fish for perch and whitefish in early spring.

The Bondö and Strömsund canals through central Piteå offer many good spots to fish from land. Out in the archipelago, there are public jetties on islands such as Stenskär, Baggen and Mellerstön, where the fishing is good.

### MORE INFORMATION ABOUT SPORT FISHING ALONG THE PITEÅ COAST

([pitea.se](http://pitea.se))





## Skellefteå coast and archipelago

Skellefteå is a large municipality with a long coastline in the Bothnian Bay. High cliffs and deep bays define this part of the bay, where in places you can get the feeling of being far out to sea even though you're still on the mainland. A number of rivers run through the municipality, which means that there are many natural harbours along the coast. There are also more islands than people might think - almost 600 of them, varying in character and size from bare skerries to forested and inhabited islands.

The coastal landscape around Skellefteå has clear traces of the local fishing and maritime tradition.

The great coastal variations provide great opportunities for varied fishing. There are waters with small islands, shallows and bays where perch and pike thrive. Along the coast there are also several rocky beds that attract whitefish and grayling beneath the ice. For local fishing tips check out the map in the link below.

### MORE INFORMATION ABOUT SPORT FISHING ALONG THE SKELLEFTEÅ COAST

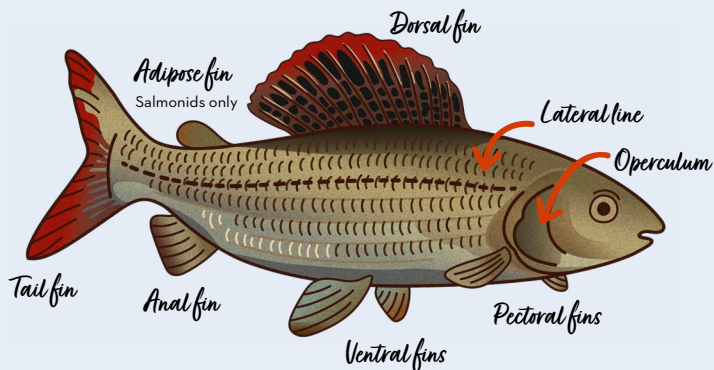


Fishing spots & slipways - whole coast ([naturkartan.se](http://naturkartan.se))



Fishing in Skellefteå - municipality ([skelleftea.se](http://skelleftea.se))

# Glossary



## ADIPOSE FIN

A small, soft fin located slightly behind the dorsal fin of some families of fish, including salmonids. The adipose fin is cut off farmed fish, to distinguish them from wild fish.

## ANGLING

A fishing technique that uses a fish hook attached to a fishing line to catch fish. The fishing line is usually manipulated with a fishing rod, although rodless techniques such as handlining also exist. Angling and sport fishing are the same thing.

## BAIT

What you put on the hook, e.g. a worm or maggot, to tempt the fish to bite.

## BITE TIME

The time when fish are extra active and hungry.

## BLEED

Drain a fish of blood. This is usually done through an incision above the throat or by pulling off some of the gill arches.

## CATCH LIMIT/BAG LIMIT

Specifies the number of fish of a given species that can be kept.

## CLOSED SEASON/ FISHING BAN

Period when you're not allowed to fish for certain species. The fishing ban usually applies during the spawning season.

## CONSERVATION AREA

A specific area where fishing is restricted, or completely prohibited, for some of the year. Usually applies during spawning and migration of endangered fish species.

## DIOXINS

Environmental toxins formed as a by-product of industrial and combustion processes and released into the environment. Persistent and fat-soluble, they can be absorbed by animals and humans, where they accumulate.

## FISH MIGRATION

For many species, the spawning season starts with the fish moving to the spawning grounds. This is called migration. Some species, such as salmon and eel, have a long migration route, while other species, such as pike and perch, travel less far to spawn.

## FISHING LURE

An artificial bait that mimics small fish or other prey for predatory fish. There are countless varieties and colours, so experiment to see what works best in your fishing waters. Spinners, wobblers, spoon lures are different examples.

## FISHING SEAT BOX

A combined stool and storage for fishing tackle and your catch when ice fishing. It's called a 'skrylla' in Swedish.

## FORCEPS

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A type of pliers used, among other things, to remove hooks from a fish's mouth. They work like a combination of scissors and tweezers that can be locked in different positions.

## GILLS

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The respiratory system of fish. The gills allow the fish to extract oxygen directly from the water. The gills are protected by a cover called the operculum.

## HANDLINE FISHING

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In the Swedish Fishing Act, this refers to rods, jigs and similar mobile gear equipped with a line and a maximum of ten hooks. This type of fishing must not require the use of a boat. Trolling and row-trolling are therefore not considered handline fishing.

## HARD BAIT FISHING LURE

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A fishing lure with a hard, solid body of plastic or other material. Wobblers are a hard lure, for example.

## LEADER

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A durable link between the lure and the main line. Used to prevent fish from biting the line.

## LURE SNAP

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Small metal quick-release clip tied to the end of the line for quick lure changes.

## MAGGOT

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Fly larva. A good bait for many species.

## MINIMUM SIZE LIMIT

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The lower limit for how small a fish of a specific species you can keep. The length of the fish is measured from the tip of the nose to the tip of the tail fin. Some species are also subject to a **maximum size limit** to protect the very large fish that are vital for the marine ecosystem.

## PCBs

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Polychlorinated biphenyls. The abbreviation PCBs covers 209 different substances. An environmental toxin used in transformers, capacitors, paints, plastics, sealants and floor screeds. PCBs are persistent and fat-soluble and can be absorbed by animals and humans.

## REELING IN

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The act of winding the hooked fish in to the fisherman.

## RELEASING FISH

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Immediately returning a fish to the water after it has been caught.

## RIG

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A rig is a combination of line, lures and hooks and other small tackle.

## SINKER

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A weight used to pull the tackle down towards the seabed.

## SNAG

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When the lure gets stuck on the seabed. A common problem, especially in areas with lots of vegetation or rocks.

## SPAWNING SEASON

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The period of the year when fish mate.

## SPINNING GEAR

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Sport fishing tackle consisting of a spinning reel, rod and line.

## SPINNING REEL

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A fishing reel hanging under the rod. The spool doesn't rotate during casting.

## SPOON LURE

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A metallic, spoon-shaped fishing lure used to attract fish, especially in jigging.

## SPORT FISHING

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Often called recreational or game fishing, is the act of fishing for pleasure, competition, or challenge rather than for food or profit. Angling and sport fishing are the same thing.

## SWIVEL

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Accessory tied onto the line to mount hooks or splice lines. Prevents the line from twisting.

## UNHOOKING MAT

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A mat designed for landed fish. It minimises damage to the protective mucus layer of the fish.

# Contact us

Here are some tips on where to find more information about sport fishing along the Bothnian Bay coast and archipelago.

## HaparandaTornio Tourist Information

Tel +46 922-262 00  
info@haparandatornio.com  
[haparandatornio.com](http://haparandatornio.com)

## Kalix Tourist Information

Kalix Folkets Hus  
Köpmannagatan 25, Kalix  
Tel +46 923-65300  
visit@kalix.se  
[kalix.se/turism](http://kalix.se/turism)

## Heart of Lapland

[heartoflapland.com](http://heartoflapland.com)

## Luleå Tourist Centre

Kulturens hus, Luleå  
Tel +46 0920-45 70 00  
turistcenter@lulea.se  
[lulea.se/skargard](http://lulea.se/skargard)  
[visitlulea.se](http://visitlulea.se)

## Piteå Tourist Centre

Bryggargatan 14, Piteå  
Tel +46 911-933 90  
visit@pitea.se  
[visitpitea.se](http://visitpitea.se)

## Jävre Tourist Information

(summer only)  
Järvvägen 186, Jävrebyn  
Tel +46 911-933 98  
javreinfo@pitea.se  
[visitpitea.se](http://visitpitea.se)

## Skellefteå Tourist Centre

Nygatan 42G, Skellefteå  
Tel +46 910-45 25 10  
info@visitskelleftea.se  
[visitskelleftea.se](http://visitskelleftea.se)

## Sportfiskarna

info@sportfiskarna.se  
[sportfiskarna.se](http://sportfiskarna.se)

## Sportfiskarna Region Norr

norrboten@sportfiskarna.se  
[sportfiskarna.se/](http://sportfiskarna.se/)  
[har-finns-vi/region-norr/](http://har-finns-vi/region-norr/)

## Fishing - County Administrative Board Norrbotten

[lansstyrelsen.se/norrboten/](http://lansstyrelsen.se/norrboten/djur/fiske.html)  
[djur/fiske.html](http://djur/fiske.html)

## Fishing - County Administrative Board Västerbotten

[lansstyrelsen.se/vasterbotten/](http://lansstyrelsen.se/vasterbotten/djur/fiske.html)  
[djur/fiske.html](http://djur/fiske.html)



## The Bothnian Bay Coastal Inter-Municipal Cooperation

Haparanda, Kalix, Luleå, Piteå and Skellefteå municipalities work together for a sustainable coastal development in the Bothnian Bay. The aim is to create an attractive, accessible area so that people who live, visit and work on the coast and in the archipelago will enjoy better conditions for outdoor activities, well-being and entrepreneurship. The work will be carried out with great regard to the unique and sensitive natural and cultural environments.

For more information about the Bothnian Bay  
Coastal Inter-Municipal Cooperation:  
[bottenvikensskargard.se](http://bottenvikensskargard.se)



# Thank you!

This sport fishing guide has been produced as part of our project  
**Discover sport fishing in the Bothnian Bay coastline.**

The project was made possible thanks to excellent support and cooperation from associations, businesses, the Swedish Anglers Association and the two County Administrative Boards along the Bothnian Bay coast and archipelago.

The project has also been made possible thanks to government grants for local nature conservation projects via LONA.



The Local Nature Conservation Initiative (LONA) is a grant to stimulate long-term engagement in nature conservation by municipalities and NGOs.  
Read more at [naturvardsverket.se/lona](http://naturvardsverket.se/lona)



# BOTTENVIKENS SKÄRGÅRD

