

## Improved Galloup's BWO Nymph



### Recipe

Hook.....Dry, size #16-20  
Thread .....Burgundy 6/0 - 140  
Tail.....3-Pheasant Tail fibers light olive  
Body.....Pheasant Tail fibers  
Thorax.....Peacock Herl  
Gills.....UV white laser dub  
Thorax body...Peacock Ice Dubbing  
Head.....Thread

1. Tie on the thread, between the 1/3 to 1/2 point on the shank, and wrap it back a few turns.
2. Take 3 Pheasant Tail fibers. Tie them on the hook with the fibers extending back the distance of the hook shank. Take a couple wraps of thread back over the fibers, and then fold the tail fibers back over the hook shank and wrap the thread back to the hook bend and then back to the start point.
3. Take the tail fibers and wrap them back up the hook shank the point where you left the thread hank and tie off and cut off the excess tail fibers.
4. Take 3 peacock herls and tie them in by the tips and let hank off the back of the hook. Wrap your thread back to the 2/3 point of the space you have between the hook eye and the peacock herl tie in point and let the thread hang.
5. Get a small amount of white UV laser dubbing and card it (Pull fibers apart/reposition and pull apart again until desired texture is achieved). Roll this between your fingers and tie in at your thread point with several figure 8 wraps.
6. Get a small amount of Peacock ice dubbing and apply a small amount to your thread. Take about 5 wraps of dubbing behind the white UV laser dubbing to build up the wing case then wrap in

the front of it pulling the white dubbing back along the body. Thorax should be 1/3 bigger than the abdomen.

7. Now fold the peacock herl up and over the thorax and tie off behind the hook eye. Whip finish and tie off.
8. Pull the gills back and cut the gills off at the back of the body.
9. Apply head cement

Instructions by Frank Cox  
Photography by Frank Cox