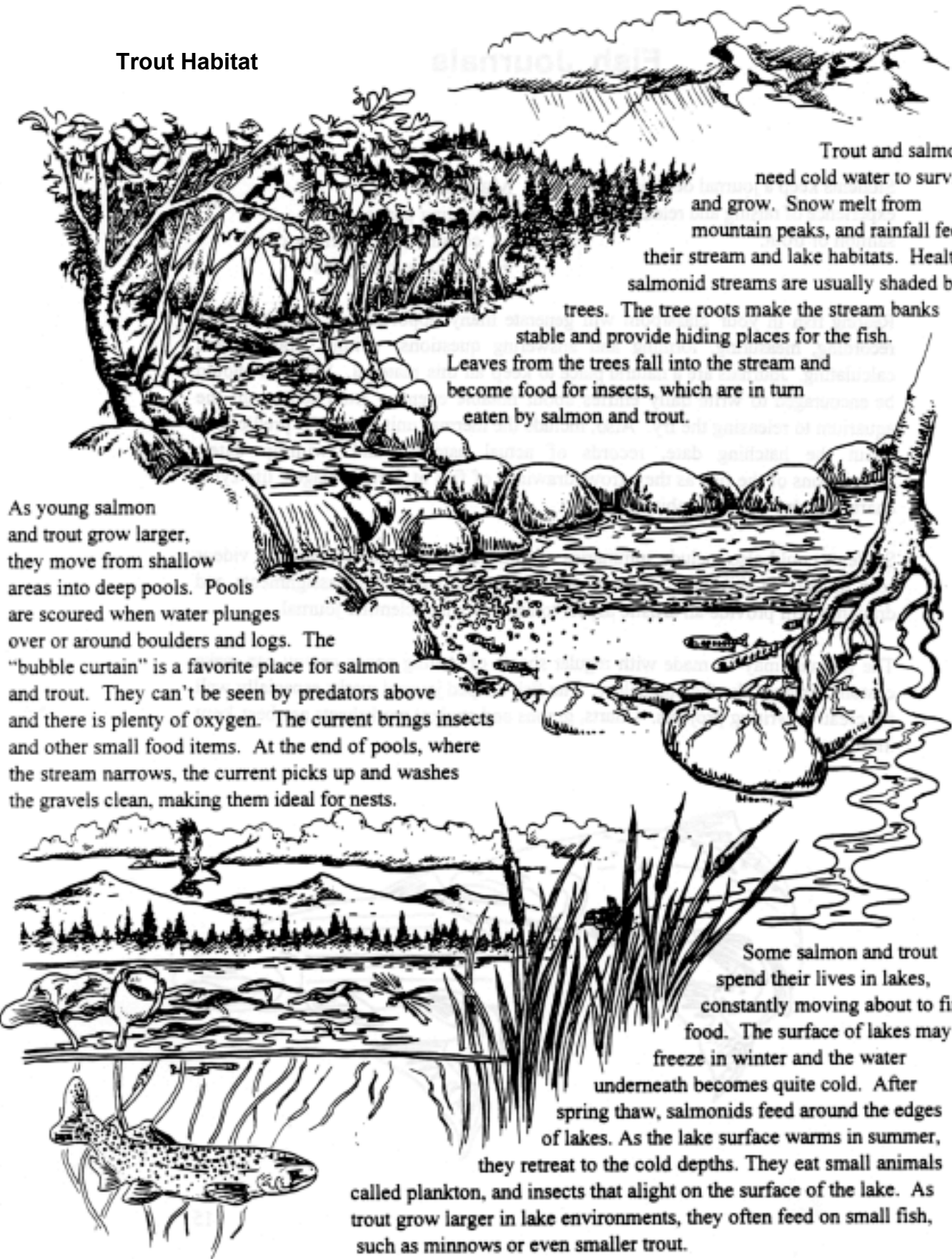


Trout Habitat



As young salmon and trout grow larger, they move from shallow areas into deep pools. Pools are scoured when water plunges over or around boulders and logs. The "bubble curtain" is a favorite place for salmon and trout. They can't be seen by predators above and there is plenty of oxygen. The current brings insects and other small food items. At the end of pools, where the stream narrows, the current picks up and washes the gravels clean, making them ideal for nests.

Trout and salmon need cold water to survive and grow. Snow melt from mountain peaks, and rainfall feed their stream and lake habitats. Healthy salmonid streams are usually shaded by trees. The tree roots make the stream banks stable and provide hiding places for the fish.

Leaves from the trees fall into the stream and become food for insects, which are in turn eaten by salmon and trout.

Some salmon and trout spend their lives in lakes, constantly moving about to find food. The surface of lakes may freeze in winter and the water underneath becomes quite cold. After spring thaw, salmonids feed around the edges of lakes. As the lake surface warms in summer, they retreat to the cold depths. They eat small animals called plankton, and insects that alight on the surface of the lake. As trout grow larger in lake environments, they often feed on small fish, such as minnows or even smaller trout.