



# **The Brown Trout**

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**Illustrated by  
Sue Gatcombe**





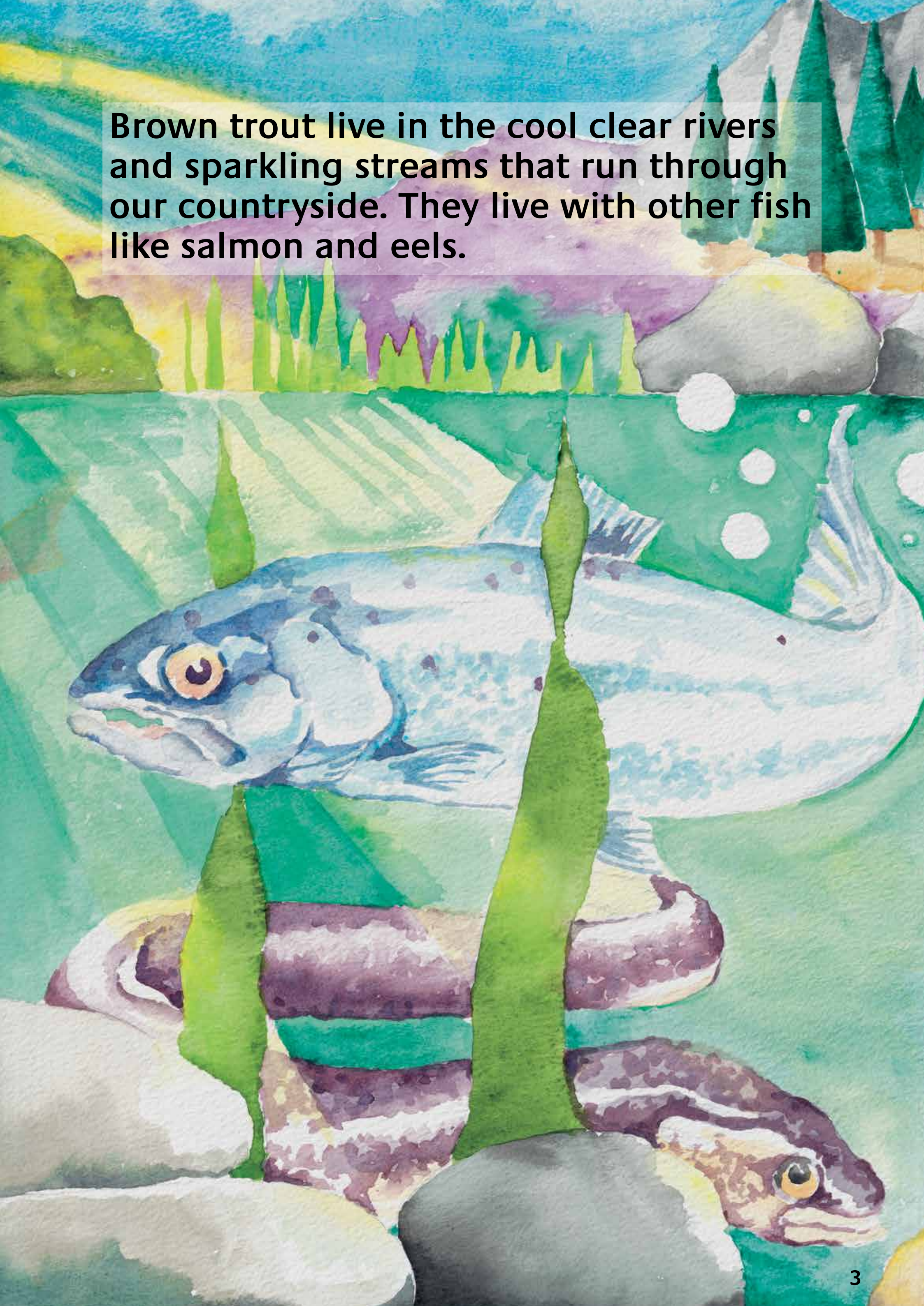
# Contents

The trout's habitat	page 3
Pollution and conservation	page 4
Trout food	page 5
Breeding habits	page 6
Enemies!	page 7
Little fry	page 8
More enemies!	page 9
Adult trout	page 10
Sea trout	page 11
Life in the sea	page 12
Back home again	page 13
Anglers/Back to the beginning	page 14
Life cycle of the trout	page 16
Glossary	page 17
Contacts	page 18
Index	page 19

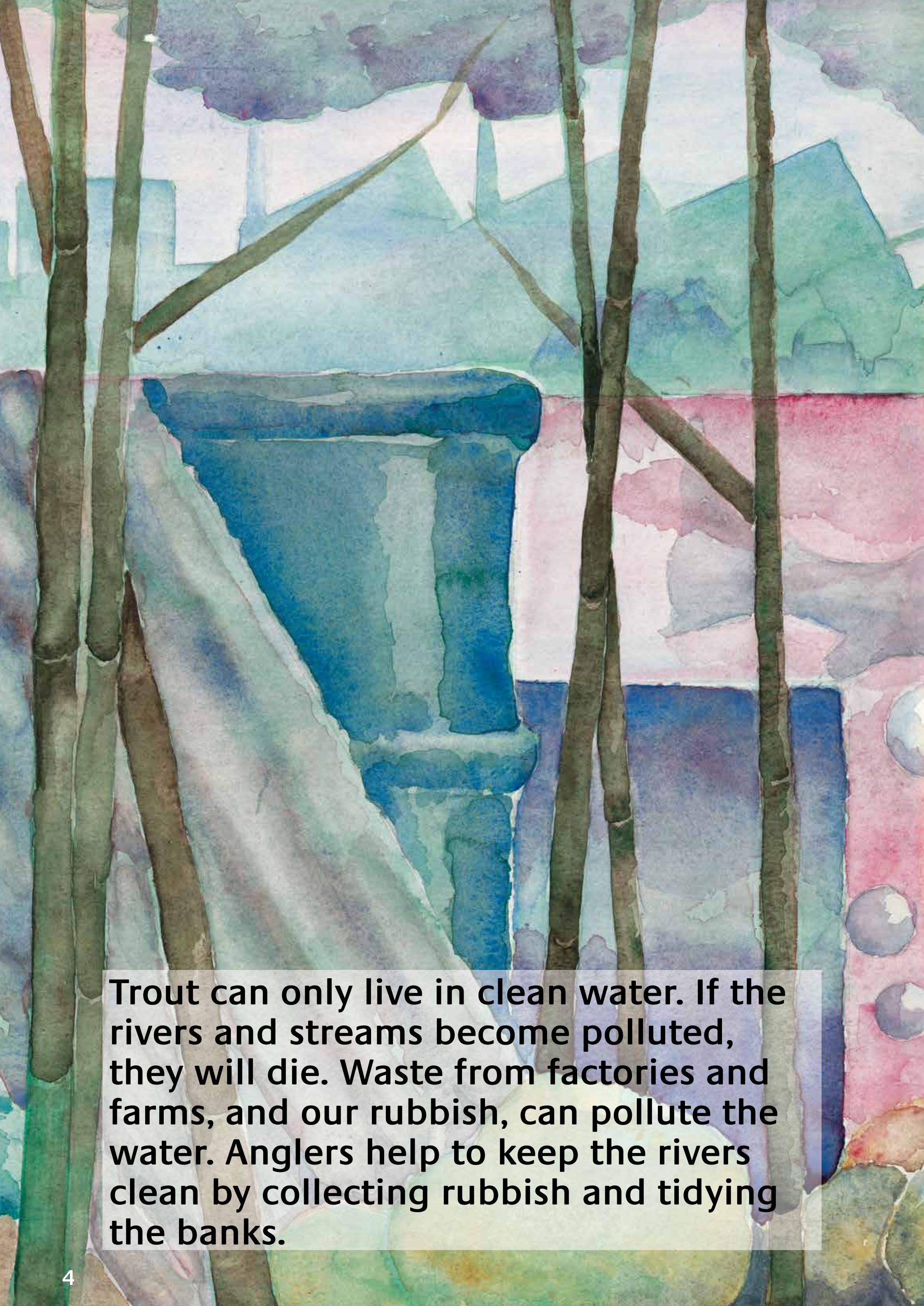
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Brown trout live in the cool clear rivers and sparkling streams that run through our countryside. They live with other fish like salmon and eels.



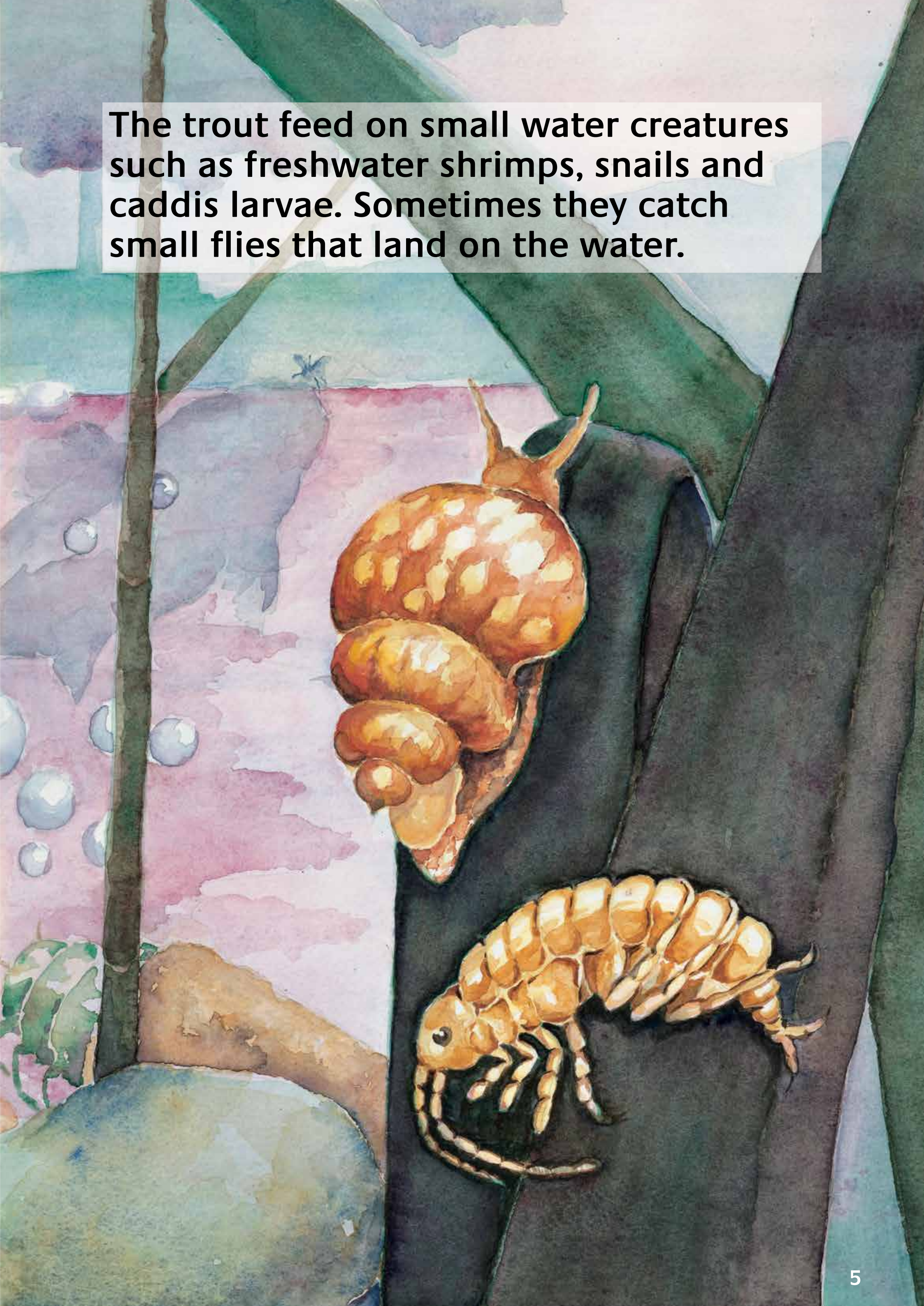




**Trout can only live in clean water. If the rivers and streams become polluted, they will die. Waste from factories and farms, and our rubbish, can pollute the water. Anglers help to keep the rivers clean by collecting rubbish and tidying the banks.**

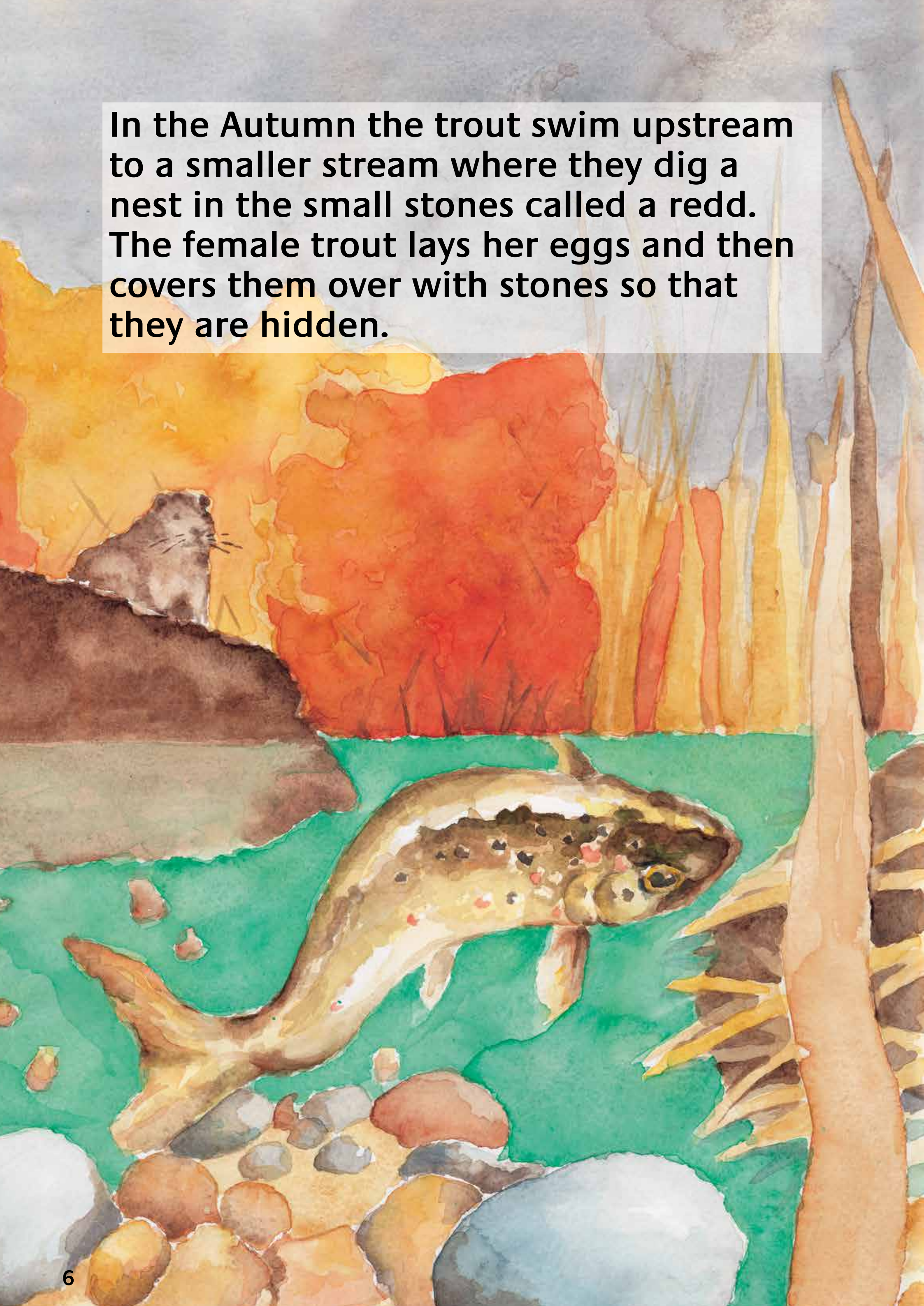


The trout feed on small water creatures such as freshwater shrimps, snails and caddis larvae. Sometimes they catch small flies that land on the water.

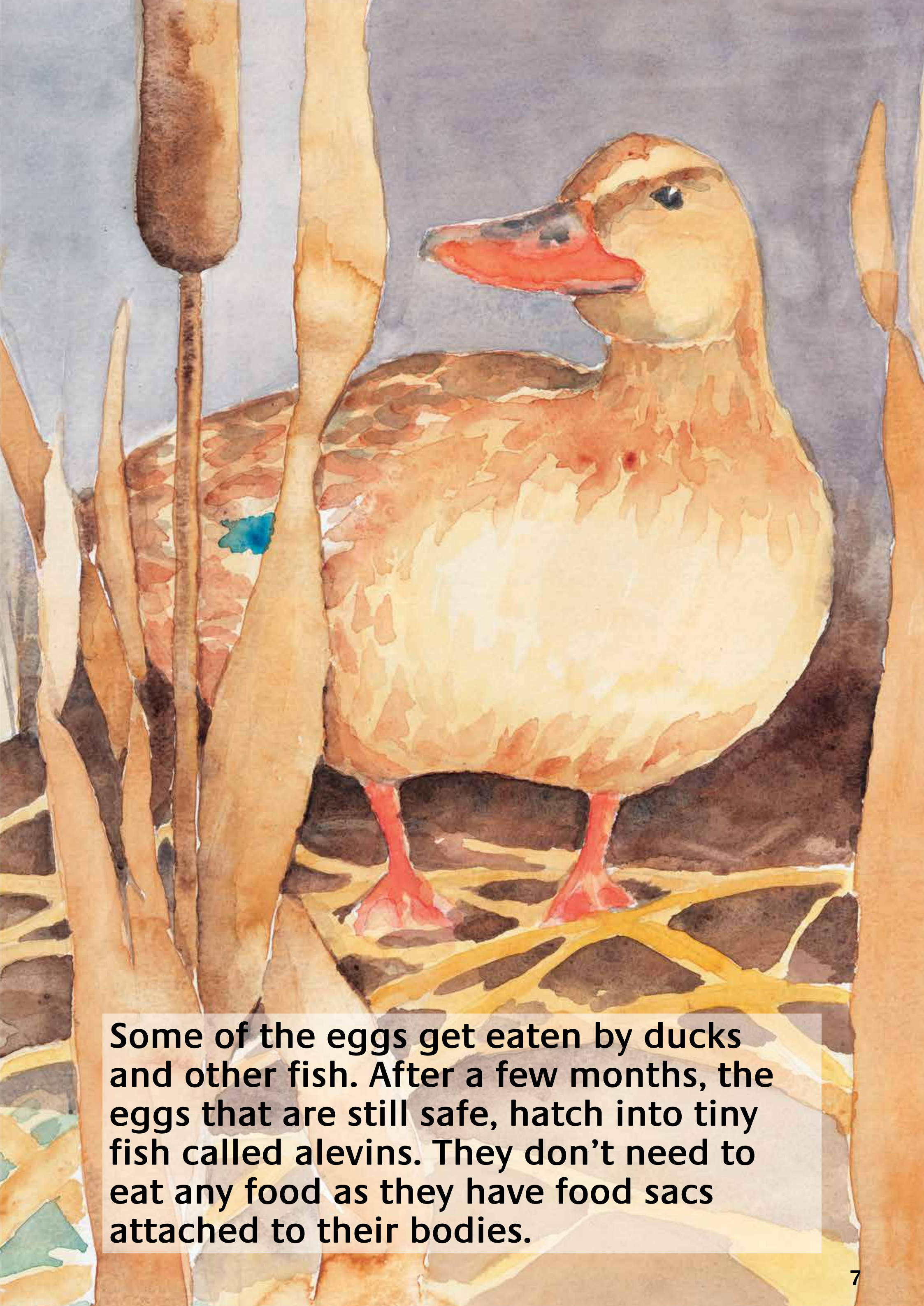




**In the Autumn the trout swim upstream to a smaller stream where they dig a nest in the small stones called a redd. The female trout lays her eggs and then covers them over with stones so that they are hidden.**



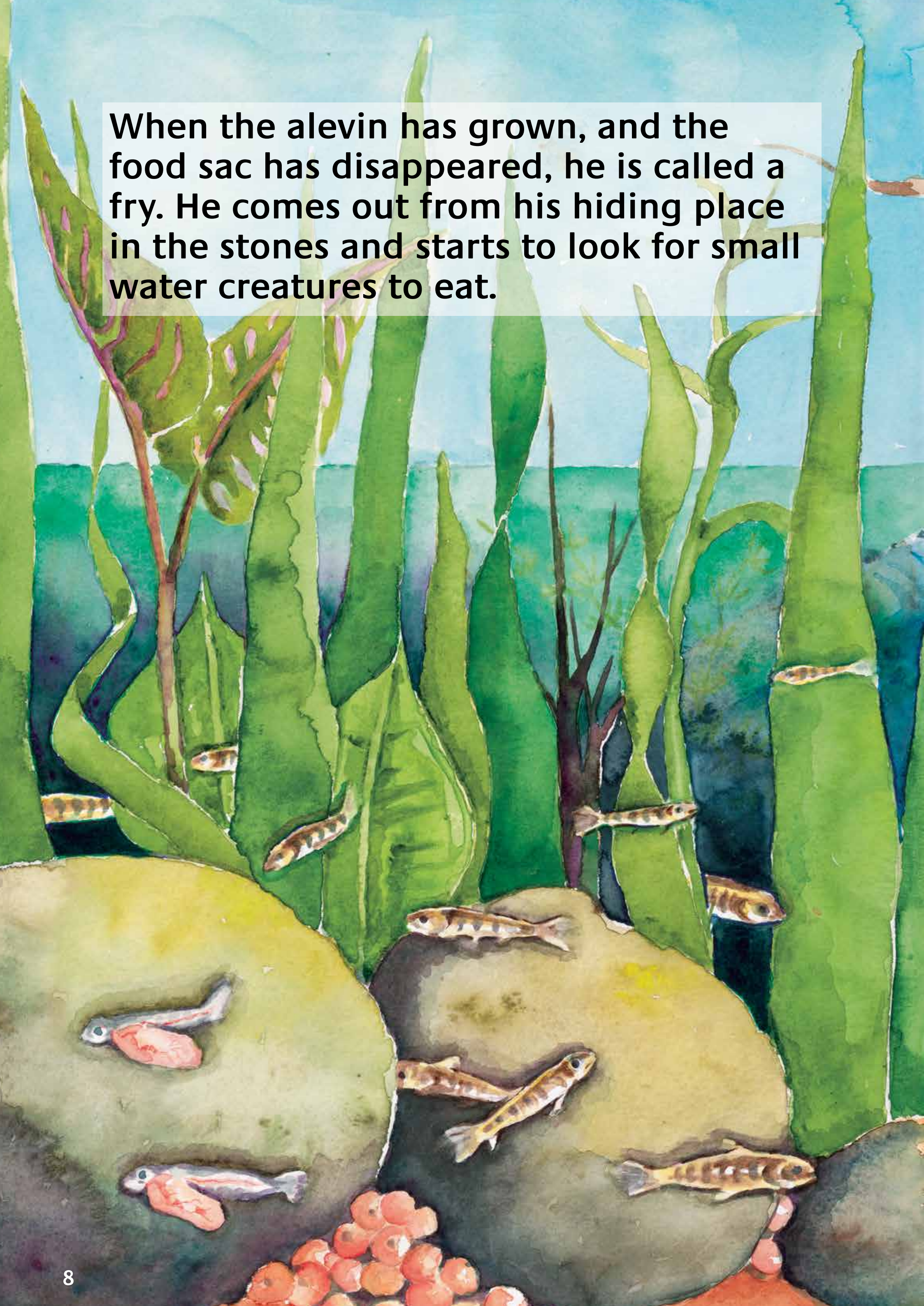




**Some of the eggs get eaten by ducks and other fish. After a few months, the eggs that are still safe, hatch into tiny fish called alevins. They don't need to eat any food as they have food sacs attached to their bodies.**



When the alevin has grown, and the food sac has disappeared, he is called a fry. He comes out from his hiding place in the stones and starts to look for small water creatures to eat.

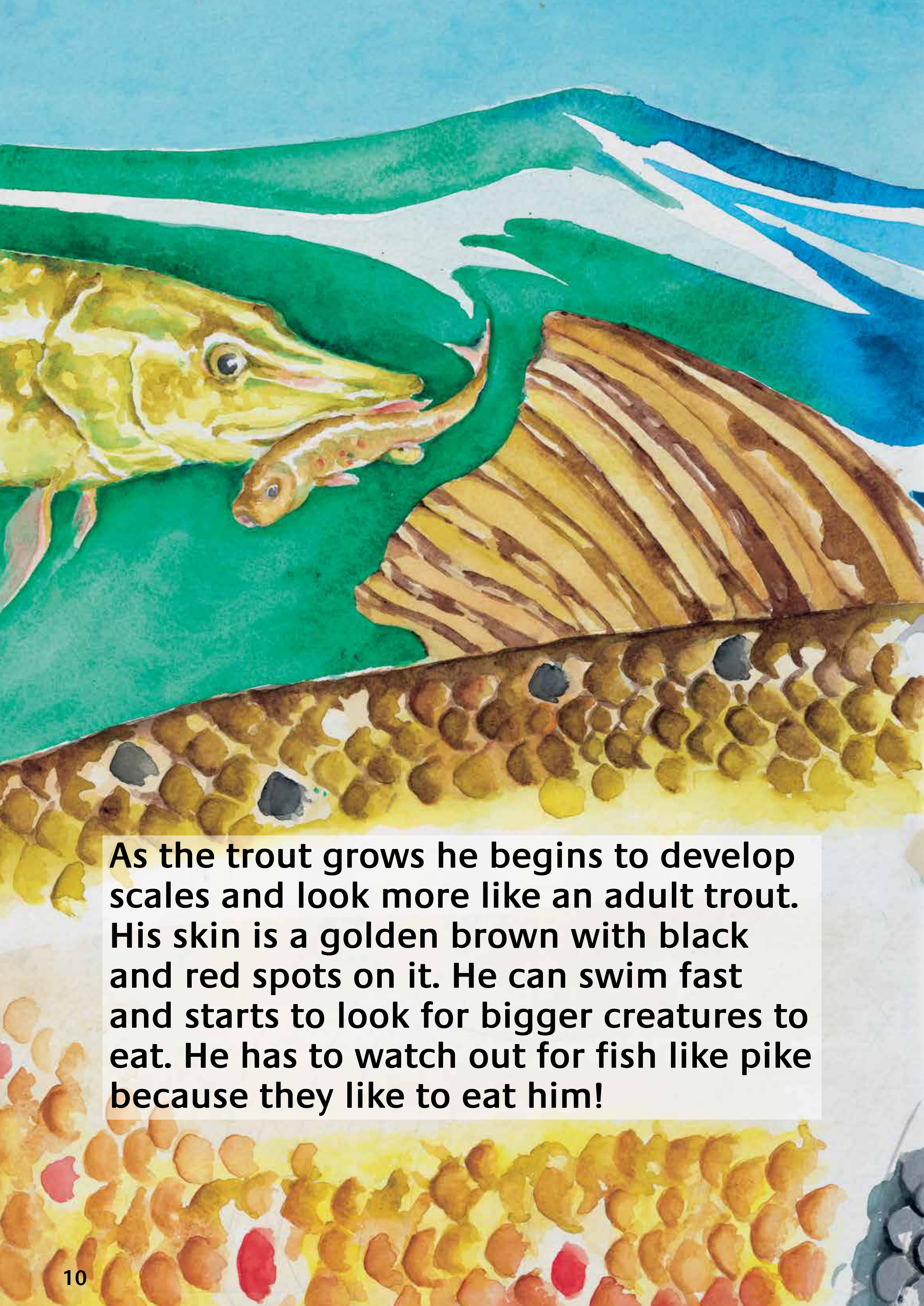






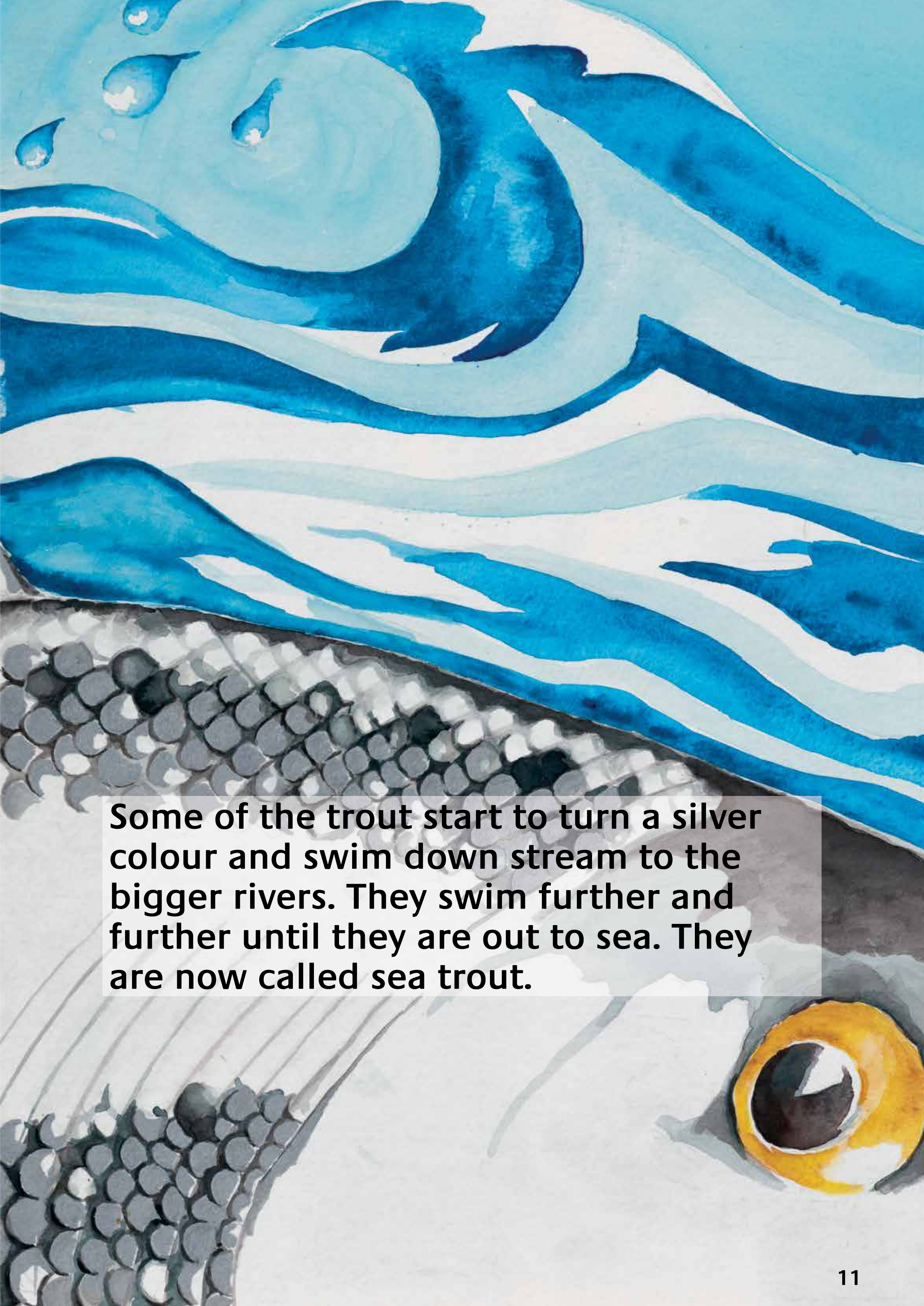
He hides under the weeds so bigger fish can't eat him. Kingfishers and herons also like eating the small trout fry.





**As the trout grows he begins to develop scales and look more like an adult trout. His skin is a golden brown with black and red spots on it. He can swim fast and starts to look for bigger creatures to eat. He has to watch out for fish like pike because they like to eat him!**





**Some of the trout start to turn a silver colour and swim down stream to the bigger rivers. They swim further and further until they are out to sea. They are now called sea trout.**






The sea trout live here for a year or more. There is a lot of food for them to eat in the sea. They live in the sea with other fish like mullet, bass and flounder.



**When the sea trout are mature, they decide to return to the rivers where they were born. Their colour changes from silver to brown so that they are camouflaged against the colour of the river bed.**







Anglers like to fish for sea trout and brown trout. Some are kept to take home, as they are very good to eat. However, some of the fish that they catch are returned to the water unharmed.

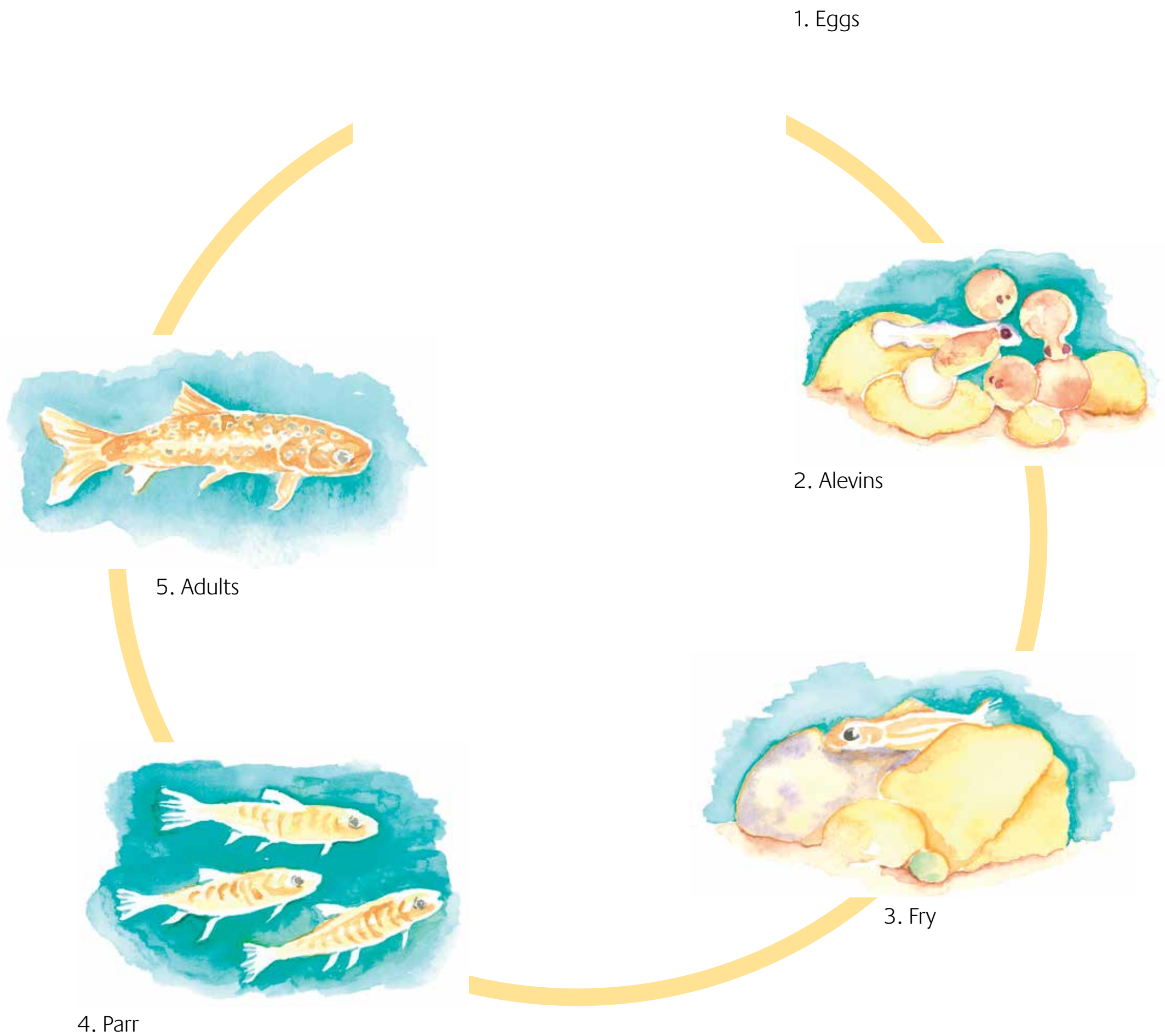
They swim up the river back to the stream where they were born. The female digs a nest in the stones and the story starts all over again.







# Life cycle of the trout







# Glossary

**alevin** – a newly hatched trout

**angler** – a person who catches fish using a rod and line

**caddis larva** – the larval stage of the caddis fly

**camouflaged** – being the same colour as the habitat

**freshwater shrimp** – a small crustacean

**fry** – a very small trout

**minnow** – a small freshwater fish

**mullet** – a fish that lives in the sea

**pike** – a very large freshwater fish that eats trout

**pollution** – unnatural substances that can poison the environment

**redd** – the trout's 'nest' made of stones

**salmon** – a large fish that lives some of its life in the river and some in the sea

**sea trout** – a trout that lives in the river and the sea







# Contacts

## Organisations responsible for the production of this book:

### The Salmon & Trout Association



The Salmon & Trout Association (S&TA) have very similar aims to Scottish Natural Heritage and the Scottish Environment Protection Agency, although we represent those interests on behalf of salmon and trout anglers, fishery owners and managers and affiliated trades.

We work to influence Government policies on water and environmental issues, and those affecting the management and conservation of salmon, trout and sea trout and their habitats.

S&TA has an extensive adult and junior education programme backed up by our licensed coaching colleagues in the Game Anglers Instructors' Association and SANA. We run game angling courses throughout our branch network, and can arrange for licensed coaches to visit schools.

For further information please contact:  
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### In partnership with:

The Salmon & Trout Association in Scotland could not have produced this book without the help of:



#### Lord Tryon

Life long supporter of The Salmon & Trout Association, and a significant contributor to the education of young trout fishers.



If you discover a pollution incident on a river or loch in Scotland, please ring the Scottish Environment Protection Agency's  
Emergency HOTLINE Number  
**0800 80 70 60**  
Ask for a follow-up report!







# Index

alevins – 7

caddis larva – 5

camouflage – 13

ducks – 7

eels – 7

eggs – 6, 7

food sac – 7, 8

freshwater shrimp – 5

fry – 8, 9

heron – 9

kingfisher – 9

pike – 10

redd – 6

river – 3, 4, 11, 13, 14

salmon – 3

stream – 3, 6, 11, 14

snails – 5





**The life cycle of the trout is an amazing event. The brown trout travels the full length of a river and some of them spend time at sea as well. Open the book and find out more.**

**Salmon & Trout  
Association**



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