



The Sea Trout Life Cycle



ADULTS

Feed in the sea or estuary, moving to freshwater (usually their natal river) Apr-Sept. Many drop back to sea after spawning, some returning to spawn again and again.



SMOLTS

After 1-3 years in the river, in April/May, the young trout change so that they can survive in salt water; they turn silvery and migrate to sea, often at night in shoals.



PARR

Fry and parr are territorial and solitary. They need plenty of cover in the river from stones, weed and trailing bankside plants, and shallow water that is not too fast flowing.

SPAWNING

Nov-Feb: female digs a nest ('redd') in gravel shallows & releases eggs, fertilised by one or more males; she then covers them with gravel. Largest females produce the most eggs. Gravels must be free of silt with plenty of oxygen-rich water.



EGGS

Eggs are 2-5mm in diameter, hatch into alevins in a few months, depending on water temperature.



ALEVINS

Alevins stay in the gravel, living off the yolk sac. They then emerge as tiny fry, set up territories and grow into parr.