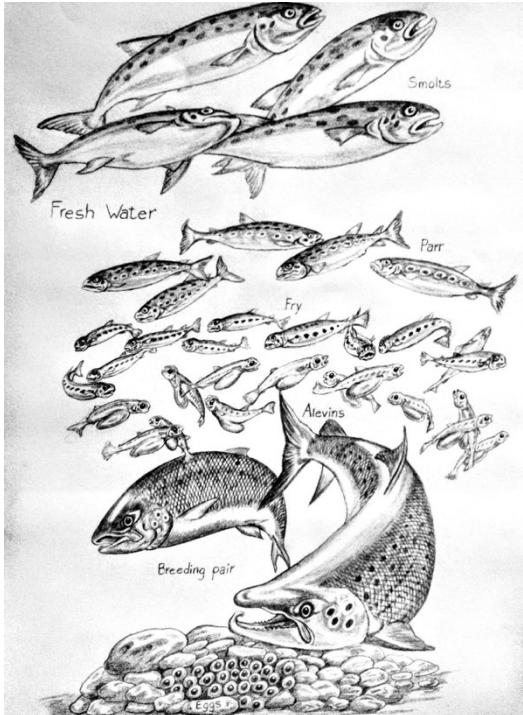


Life Cycle of the Fish

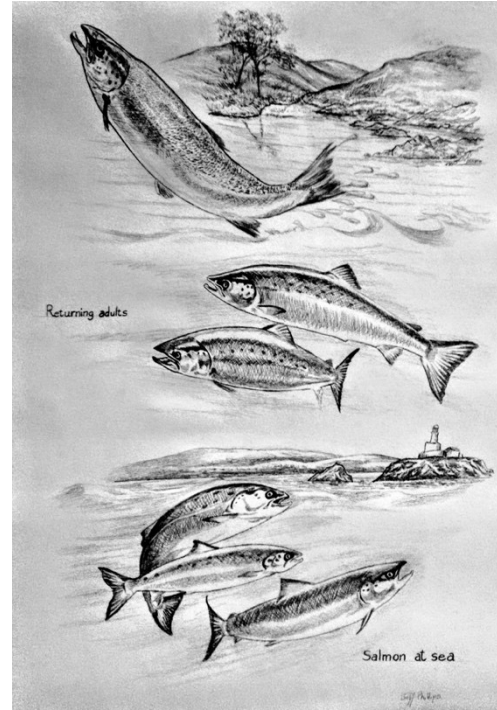
The Salmon

The Salmon is an ocean wanderer and feeds on the crill in the deep oceans



The Sea Trout - Sewin

The Sea Trout is a coastal fish. The flesh is not so red as the salmon



Salmon and Sewin return to the rivers where they hatched from eggs to breed. They travel upstream from the sea. When she is ready to spawn the female salmon or trout selects a site normally where the water flows steadily over clean gravel. She creates a pit in the gravel, known as a **redd** through a digging process with her tail. She releases her eggs into a nest within the red and male fertilises the eggs.

The eggs develop and hatch into **aelvins**. They grow into trout or salmon **fry**. Around this stage the young fish emerge from the gravel and begin to forage for food in the stream where they hatched.

When they leave the hatching site they are known as **parr**. These young fish now defend their territories and develop feeding stations.

When the fish have reached a certain size, which takes between 2 and 5 years, they lose their **parr** markings. Sewin and salmon are called smolts at this stage, their bodies turn silvery in colour.

The **smolts** move down stream and prepare to run to sea. The distance fish travel and time away can vary greatly. An adult fish will return to spawn in the same river, more often than not, to the exact stream they hatched in.