Who is the trout?

The rainbow trout is native to North America and the Pacific ocean but has been introduced into rivers and lakes around the world by humans

Rainbow trout have a lifespan of 4-11 years but in commercial production are slaughtered at 1-2.5 years old, so they do not reach adulthood during their lifetime in most cases. Trout are harvested at 0.5-4.5 kg.



How do trout spend their time? Swimming



What does the trout want?

to be undisturbed

to be undisturbed

to have appropriate enrichment

to live in good quality water

to have access to food

3
to hunt for their food

enrichment

8

to respond to

environmental cues

to escape

dominant fish

to have space to swim

to have vegetation and shelter

to have natural substrate

Swimming

Swimming behaviour varies with age. Juveniles school as predator protection and become solitary when they grow older. Some populations spend their whole life in freshwater while others go to sea for part of their life, these are known as steelhead trout.

Hunting

Trout are carnivorous and feed on insects and other invertebrates. As they grow, they hunt and eat small fish

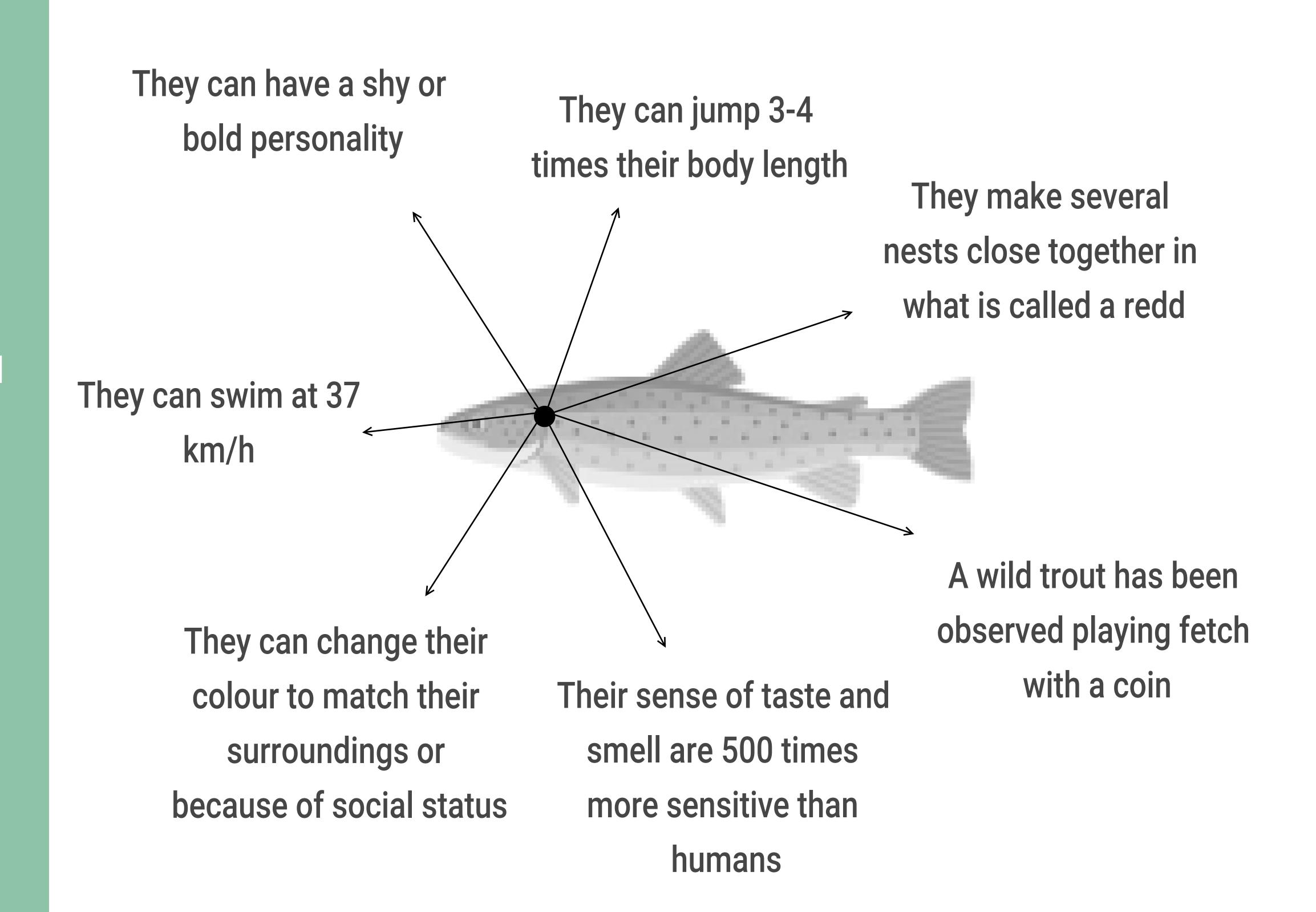
Resting

In freshwater, trout rest at the bottom of streams, rivers or ponds where currents are slow

Little is known about how trout spend their times when not foraging and resting

What can trout do?

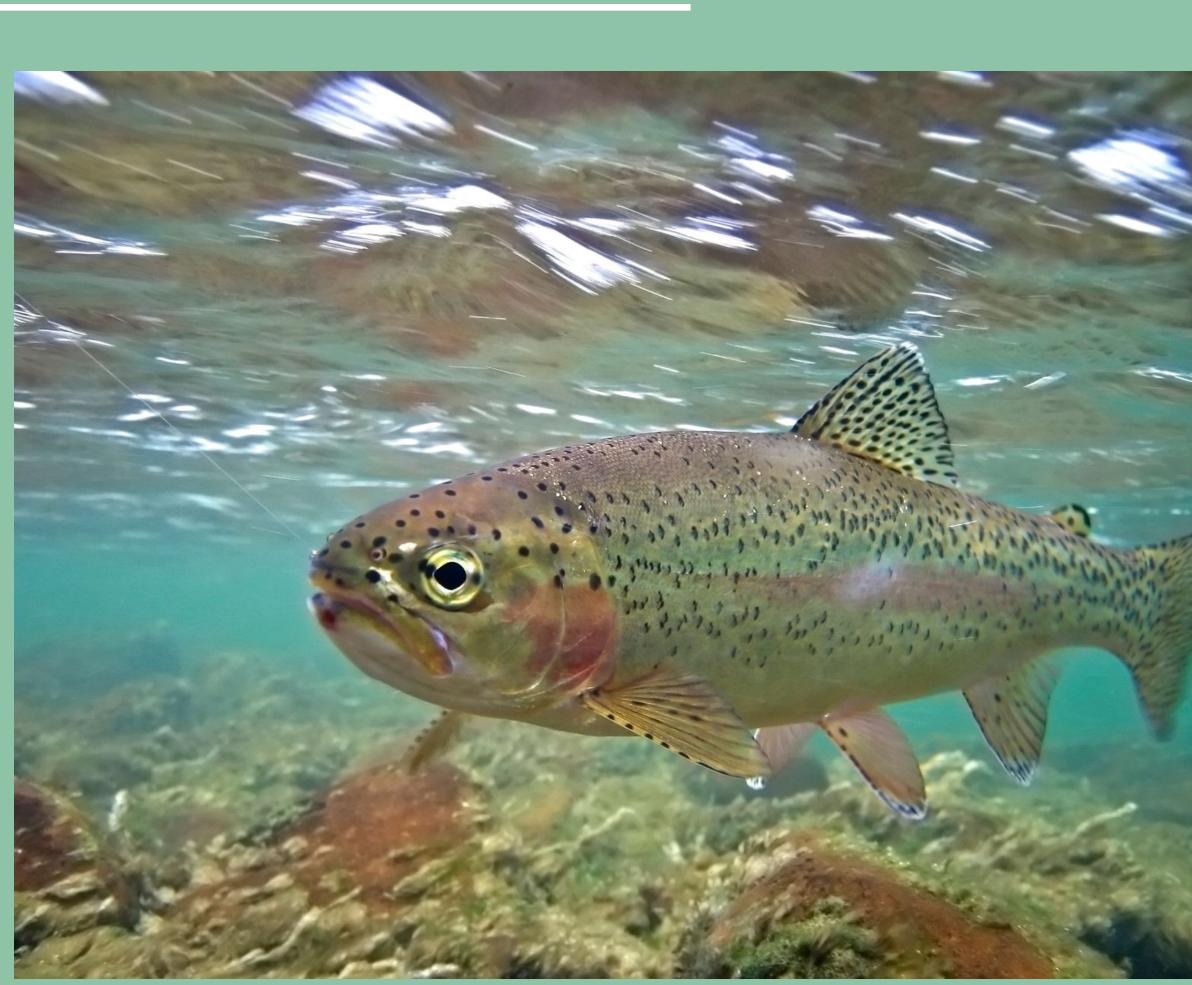
Trout are strong and agile



How can we provide trout with a good quality life?

Give them environmental enrichment like a natural and diverse substrate, hiding places and cover

Give them nutritious food





Give them enough space to swim, explore, escape and hide from dominant fish

Give them a life that is free from pain and stress: no fin clipping

