**Steelhead Trout**

**My Scientific Name**
*Oncorhynchus mykiss*

**By the Numbers**
While I normally weigh between 8-11 pounds and grow to about two feet long, some of my species have grown up to 55 pounds (25 kg) and 45 inches (120 cm) in length!

**How to Identify Me**
In freshwater we steelhead usually have dark-olive backs, a silvery-white underside, and are heavily speckled with a pink to red stripe along our sides. During our lives in the ocean we are torpedo-shaped, very silvery and even brassy in color on our upper bodies. That’s how we got our name.

**Why I Matter and What’s Been Happening**
As a sea-run trout, I have a truly unique lifecycle. We are born and spend the first part of our lives in freshwater, then migrate out to the ocean where we grow to adulthood. We then migrate back to freshwater, to the same river where we were born, to spawn a new generation of fish. We’re also one of the top five sport fish in North America!

**My Status**
Because our life cycles are so complex and dependent upon good habitat (both in the ocean and in freshwater), some populations across our native range in North America are healthy, while others may be declining or of concern. NOAA-Fisheries, the federal agency in charge of our species, has designated 12 Distinct Population Segments of steelhead on the west coast of the United States to help conserve our species.

**Did You Know?**
- Steelhead trout are the same species as rainbow trout but have different lifestyles.
- Steelhead can be grouped into winter and summer ‘runs,’ depending on when adults return to freshwater.
- Steelhead trout are anadromous, meaning they spend part of their lives migrating to, from, and within the ocean.
- Unlike Pacific salmon, steelhead may spawn several times before they die.

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You Can Help Me

Get to know me, if you don’t already. Help make me visible to people who don’t have the chance to see me by sharing your stories about me. Get involved in efforts to help conserve my habitat and maintain my populations into the future.

Like adult salmon, adult steelhead stop eating when they return from the ocean to freshwater.

Steelhead trout easily out-jump salmon and humans. They will leap almost 11 feet up and over a waterfall! They’re also like swimming racecars, accelerating from zero to 25 miles an hour in a second!

More About Us

Steelhead Trout Life Cycle

Steelhead, like salmon, make nests known as ‘redds’, which will contain up to 1,000 eggs.

National fish hatcheries raise over six million steelhead trout each year for sport fishing, commercial and tribal harvests, and to help recover threatened populations.

Learn more about Steelhead trout!

www.fisheries.noaa.gov/pr/species/fish/steelhead-trout.html
www.fws.gov/pacific/publications/salmnbk.pdf