

## DIET

In streams and rivers Redband Trout primarily eat aquatic insects and terrestrial invertebrates, and in rivers and lakes larger Redbands frequently feed on other fish.

# Get to Know Your Native INTERIOR REDBAND TROUT

## HABITAT

Redbands can be found in small cool streams and rivers, as well as lakes.

## LIFESPAN

Redband Trout reach maturity at three years of age and can live up to 10 years, depending on their location and habitat.

## COLOR

Large profuse spots on body, olive ventral color, a rosy red to brick red lateral band with tints of yellow or orange on the ventral region.

Common names include  
Redband & Redband Steelhead.

*Oncorhynchus mykiss*

FROM THE GREEK ONKOS ("HOOK") AND RYNCHOS ("NOSE"), IN REFERENCE TO THE HOOKED JAWS OF MALES IN THE MATING SEASON (THE "KYPE").

DERIVED FROM THE KAMCHATKAN WORD FOR THE FISH, MYKIZHA

## Fishing Tips For REDBAND TROUT

In rivers and streams, Redband Trout are easily spooked. In lakes and still water, fish the edges, inlets, and outlets. When fishing from the shoreline, cast to cruising fish or structure. If available, use a boat or personal watercraft to cover more water. Redbands can be caught using flies, artificial lures and old standard worms and grasshoppers, but review your local fishing regulations to see which methods are allowed or restricted in your area. Once hooked, Redband Trout are one of the strongest fighting fish in freshwater, often jumping repeatedly and stripping line from anglers' reels.

## Fly Box

**DRY FLIES** — Adams, Royal Wulff, Renegade, Elk Hair Caddis, Parachute Adams, Ants, beetles, hoppers

**NYMPHS** — Hare's Ear, Pheasant Tail Nymph, copper Johns, Prince Nymph, Chironomids

**WET FLIES** — Stayer's Ducktail, Woolly Buggers, Canadian Mohair leech, Muddler Minnow

**LURES** — Panther Martin, Rooster Tail, Blue Fox or Mepps spinners

## Catch And Release

Releasing fish helps sustain strong populations and quality fisheries where angling pressure is high. If you practice catch-and-release, you can help native fish survival by following these stress-reducing practices:

- Use the proper size tackle to land the fish quickly, which can help minimize stress.
- Use barbless hooks to ease hook removal and minimize damage to the fish.
- Use nets with non-abrasive materials to reduce loss of mucous and scales from the fish.
- Do not handle fish with dry hands.
- Do not squeeze the fish.
- Do not touch or hold fish by the gills, gill covers, or eyes.
- Leave the fish in the water while removing the hook; holding fish upside down in the water often makes them easier to handle.
- If the hook is too deep to be easily removed, cut the leader. This will give the fish the best chance to survive.
- If the fish is exhausted, hold it in a swimming position in the water facing upstream and gently move it back and forth until it is able to swim away.
- Avoid fishing during hot times of the day when water temperatures approach or exceed 70 degrees. Warmer water temperatures can add additional stress on hooked fish, and decrease the likelihood of their survival after they are released.

In some cases, Redband Trout have red coloring (referred to as cuts) under the jaw. Gill covers can also be bright red.

## SIZE

Adults average 6–10" in small streams, but will range from 14–30" in rivers and lakes.

## Fishing Etiquette

1. Treat others the way you want to be treated.
2. Talk to one another about how to best fish together.
3. Not everyone knows generally accepted fishing practices. Be patient with people's mistakes and share your knowledge on how to fish with others.

# They're a Western Treasure!

## HISTORIC and CURRENT RANGE

Non-migratory Redband Trout populations are found throughout the Columbia River, Sacramento, and Klamath River basins as well as within interior basins of Oregon.

Numerous larger rivers support "Fluvial" populations that migrate to smaller streams for spawning. A lake variation "adfluvial" known as Kamloops are found in some larger lakes in the Columbia and Fraser River (British Columbia) Basins.

A third variation, the steelhead, historically migrated from the ocean to as far as Shoshone Falls on the upper Snake River in Idaho (almost 1000 miles).

## A Species in Time

Redband Trout are interior forms of Rainbow Trout inhabiting drainages east of the Cascade Mountains. Three major rivers that span the Cascades—the Columbia, Upper Sacramento, and Klamath Rivers—largely shaped the diversity and distribution of Redband Trout we see today. Historical lake fluctuations, glaciation, and volcanic activity also led to periodic disruptions, isolation, and migration events that created further diversity within these drainages. These tremendously adaptable trout have been able to adapt to diverse and dynamic habitats over their evolutionary history.

The Kootenai River drainage population is the only native rainbow trout and represents the furthest inland penetration of Redband Trout in the Columbia River Basin.

## MAJOR GENETIC GROUPINGS

**Columbia River**  
Historical Range  
Current Range

**Oregon Closed Basins**  
Historical Range  
Current Range

**Sacramento/San Joaquin**  
Includes Goose Lake & McCloud River  
Historical Range  
Current Range

**Klamath**  
Current Range

## Threats and Current Status

The various forms of Redband Trout in California, Oregon, Washington, Nevada, Idaho and Montana are considered to be sensitive species or species of concern for most agencies. Primary threats include invasive species, habitat loss associated with grazing, logging, and mining, as well hybridization, competition with introduced trout (e.g. coastal rainbow and eastern brook

trout), and a geographically restricted range. Habitat disturbance due to uncharacteristically large forest fires and drought from climate change is also a growing concern. Monitoring indicates that Interior Redband Trout are still widely distributed across their historic range, although many populations are isolated and under threat of hybridization.

The long-term persistence of Interior Redband Trout depends upon continued and strategic conservation efforts.

This poster is funded by Trout Unlimited and the Western Native Trout Initiative. For more information, please go to [www.tu.org/gila](http://www.tu.org/gila) or [www.westernnativetrout.org/gila-trout](http://www.westernnativetrout.org/gila-trout)

Map data sources: ESRI, USGS, NOAA

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