

About Trout

Brook Trout

(*Salvelinus fontinalis*)

Other names: Eastern brook trout, speckled trout, aurora trout, brookie, square-tail, speckled char, sea trout, common brook trout, mud trout, breac

Average size: 1-5 lbs, up to 4 lbs

Fall spawner



Illustration by Joseph Tomelleri

Brook Trout are an introduced fish species that were first stocked in the early 1900's. They are widely distributed from high mountain lakes to headwater tributaries. They are found in all stream systems and most major lakes where water quality is suitable. They are the most prevalent fish in both wilderness and non-wilderness high lakes.

Brook Trout spawn in October and early November and redds are typically built in headwater streams and springs with spring-fed cold streams preferred. Eggs hatch in early winter and juveniles emerge from the gravel in the spring. Sexual maturity is reached at age 3 with size varying depending on productivity of the individual water.

The Brook Trout are easily identified by worm-shaped markings called vermiculations along their back and upper sides. Brook Trout grow rapidly when conditions are right, reaching 6 or 7 inches in a year and sometimes growing to 5 pounds. They are also subject to stunting from overpopulation in some lakes. Insect larvae and nymphs make up a large part of their diet, so they are a logical favorite of fly fishers.