

About Trout

Redband Trout

(*Oncorhynchus mykiss* ssp.)

Other Names: reddsides

Average size:

Spring spawner



Illustration by Joseph Tomelleri

The Redband Trout (inland Rainbow Trout) are indigenous to Central Oregon. Redband Trout are a subspecies of Rainbow Trout and Steelhead, and are adapted to the arid conditions east of the Cascades. Historically, they were found throughout Central Oregon in waters connected to the Deschutes River.

Today, their distribution is fragmented due to dams without fish passage, natural barriers, severe stream flow alterations from irrigation development, chemical treatment projects, and introduction of non-indigenous trout stocks.

Redband Trout spawn in rivers and streams during the spring (March, April and May). Cool, clean, well-oxygenated water is necessary for the eggs to survive. Redband trout fry emerge from the gravel in June and July. For the most part, they live near where they were spawned. Age at maturity is 3 years with size varying depending on productivity of individual waters. Few Redband Trout exceed 10 inches in length.