

Species Description

The Atlantic Salmon is dark on the back and silvery on the lower sides and belly. When spawning in fresh water both males and females become a bronze-purple colour, usually with reddish spots on the head and body. Young Atlantic Salmon are called parr and have 8-11 pigmented bars along each side alternating with a row of red spots. Smolts lose these markings, become silvery and migrate to sea in the spring of their second year.



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Found in freshwater rivers and streams that are clear, cool, and welloxygenated, with gravel, cobble, or boulder bottoms. They spend their first two to three years in the riffles, runs and pools, after which they travel to the sea. After one to four years in the sea (often near Greenland), most return to spawn in the fall in the same areas where they hatched.



Atlantic Salmon are most abundant in fast moving, cool streams with abundant food sources such as aquatic insects and small fish. If you catch one within an area of at-risk populations, let it go!



Similar Species

Arctic Charr:

Colour varies; white spots on darker body; breeding males can have very reddish belly.

Rainbow trout:

Colour varies; black spots on body (not coloured); spots on tail in rows.

Brown trout:

Reddish colouring on the adipose fin (just in front of tail on top of body).

Speckled trout:

Bluish speckled markings on side; brownish back; white or red belly; white edges on the lower fins.

Interesting Points

- The name *salar* comes from the Latin *salio* which means "to leap" the Atlantic Salmon can leap as high as 3.4 m!
- Atlantic Salmon may swim up to 4000 kms to feeding grounds near Greenland!



VS © NGFA

Stream bank erosion

© NSFA

Threats to Survival

- Acid rain and pollution.
- Overfishing and low marine survival.
- Habitat loss and degradation.
- Lack of riparian buffers (natural vegetation along waterways).
- Water passage obstruction, from culverts, dams, aboiteaux, and lack of pools.



Stream bank erosion and water siltation

How You Can Help

Learn to recognize salmon (parr especially), and if you catch one, set it free! Join an eNGO such as the Atlantic Salmon Federation, or participate in the Adopt-a-Stream Program (contacts below). Become an advocate for clean water and healthy habitats that will support many species.



Adopt-a-Stream volunteers rehabilitate a stream

Contacts, Information, Sighting Reports & Stewardship Opportunities

Contact: DFO Species at Risk I-866-891-0771 Info: Atlantic Salmon Federation www.asf.ca, www.dfo-mpo.gc.ca/species-especes Sighting Reports: DFO Species at Risk I-866-891-0771, www.speciesatrisk.ca/sightings