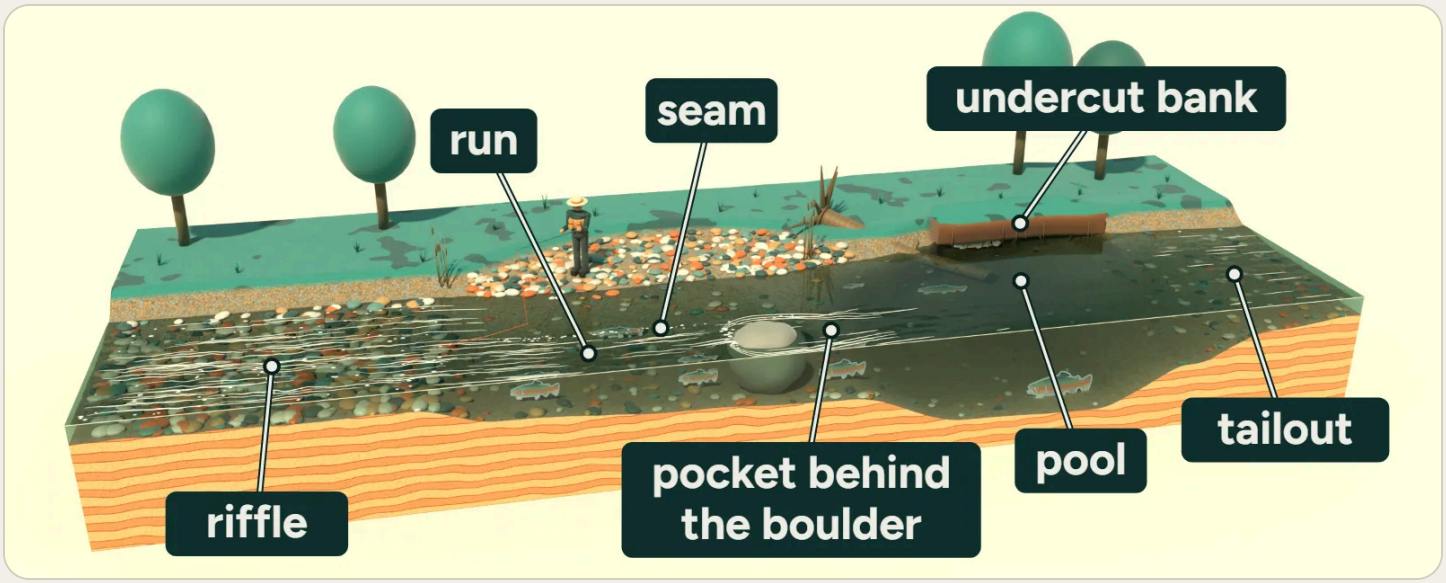
WHERE DO TROUT HOLD IN A RIVER?

Trout hold in slower water right beside the current that carries their food, and close to cover. Look for these six places, in this order.



One stretch of river, cut open: riffle, run, seam, boulder, undercut bank, pool, tailout. Illustration: Fly Findr

THE SIX PLACES

	WHERE	WHY TROUT HOLD THERE	WHAT TO DO THERE
1	**Below a riffle, where it slows into a run**	Riffles sent out about 3.5 times more drifting food than pools in one study.	Start here. Fish the head of the run first and cast gently.
2	**Seams**	Trout rest on the slow side and dart into the fast side for food.	Cast to the fast side and let the fly drift into the slow edge.
3	**Boulders**	Holding behind an obstruction cost rainbow trout less energy in a lab.	Put the fly in the cushion in front and the pocket behind.
4	**Undercut banks and overhanging plants**	Trout chose spots under or beside cover in nearly every study that measured it.	Cast tight to the bank, then cover the open lanes too.
5	**Wood and log jams**	Pools scoured around large wood held more young cutthroat in small coastal streams.	Fish wood pools slowly and carefully.
6	**The deepest part of runs and pools**	Larger, older trout used deeper water than small ones.	Look for the bigger fish in the deepest water.

WHAT CHANGES IT

Warm water. Trout moved to cold tributaries and springs at about 72 to 77 °F. Catch fewer and keep them in the water.

Muddy water. Trout see food from closer. Put the fly closer and make more casts.

High water. Adult trout stayed in their reach. Check pools with cover and the slow edges.

Winter. Trout gather in deep, slow pools with cover and move little.