ROCK & LOG

FISH IN WINTER!

As winter approaches, most fish gather in river and creek bottoms and deep pools. Fish are ectotherms, so their body temperatures adjust to the surrounding water temperature. As water temperatures lower, fish metabolism drops, reducing activity and energy. Referred to as torpor, the need for food and oxygen drastically drops, helping fish conserve stored energy. Their heart rate and breathing also slow down, making them sluggish. This allows them to survive long periods with limited food and oxygen. Some fish species even develop specialized proteins to prevent ice crystals from forming in their blood.



PENNSYLVANIA FISH & BOAT COMMISSION

Where Do Fish Go in Winter?

When lakes cool, fish seek refuge in deep waters. Due to a process called thermal stratification, an area of warm, dense water sinks to the lake's bottom, creating a temperate layer beneath the colder, less dense water and surface ice. This deep water protects fish from extreme cold. Fish hide under submerged logs, in rock piles and in weed beds for protection from predators. Different species prefer varying depths or structures based on their needs and typical behaviors, with some burrowing into the lakebed.



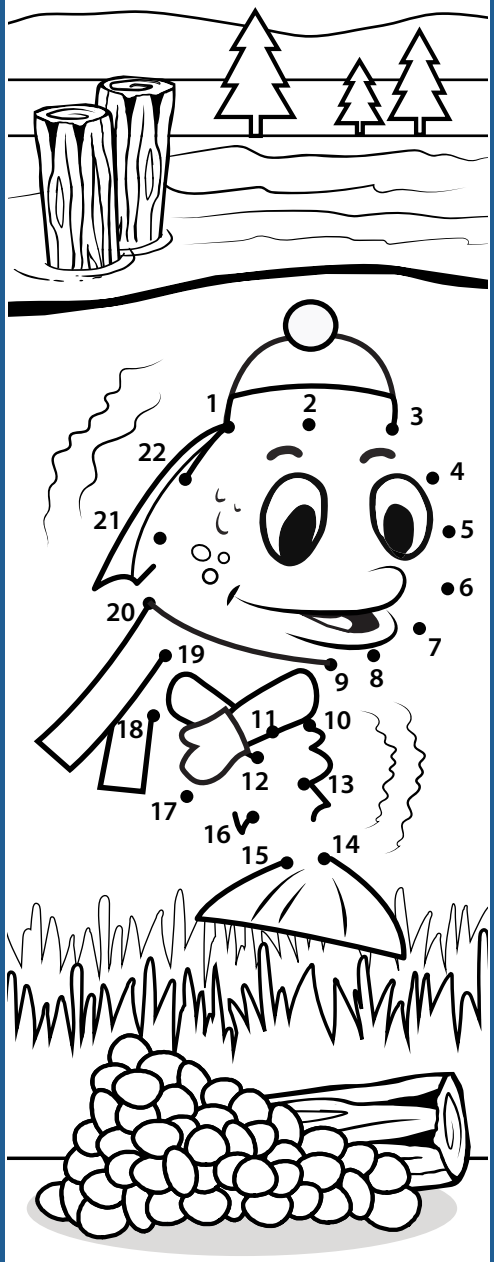
EXPLORE PA WATERS

Rock & Log:

FishandBoat.com

Connect the Dots

Connect the dots from 1 through 22. Then, color the picture, in marker.



A WINTER WONDERLAND

Pennsylvania has beautiful state parks to shake off the winter blues while enjoying the wonders of our natural spaces, winter fishing and hiking, too.

- Bald Eagle State Park, Centre County
- Black Moshannon State Park, Centre County
- French Creek State Park, Chester and Berks counties
- Gifford Pinchot State Park, York County
- Greenwood Furnace State Park, Huntingdon County
- Laurel Hill State Park, Somerset County
- Little Pine State Park, Lycoming County
- Maurice K. Goddard State Park, Mercer County
- Parker Dam State Park, Clearfield County
- R. B. Winter State Park, Union County
- Whipple Dam State Park, Huntingdon County

