

APPENDIX I

Trout Trails & Tales



Follow the Trail.
Read the Trout's Tale.

A trout is a fish common to the Poconos, prized by fishermen, or enjoyed as a meal.

The Trout's Tale is a story about the relationship between people and trout and why they are important to us.

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Trout only live in the highest quality streams that have flowing, clean, cold water. There are many species of freshwater fishes in the trout family. Three trout species live in our Pocono streams: Brook, Brown, and Rainbow Trout.

Trout streams are valuable. In 2005, the PA Fish and Boat Commission estimated over \$67 million of income was generated in the state by trout fishermen.

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The native brook trout thrives in well-shaded, mountain streams, where water tumbles over a rocky streambed, mixing oxygen into the water on its way.

Brook trout prefer oxygen-rich habitats with water temperatures less than 65°F. Water temperatures higher than 70°F could harm brook trout.



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Trout need plenty of water to swim, breathe, and find food.

A recent study of the Pocono Creek watershed predicted how future changes to the land could affect the amount (flow) of water in the Creek.

If we build to the maximum extent that is currently allowed, the streamflow will be reduced by 31%.

But, it's not just about the trout!

The trout is an indicator fish, meaning its population tells us about the health of a stream. We rely on water for everyday life. People living in the Pocono Creek and Brodhead Creek watersheds are on land in which water drains to the Brodhead and eventually the Delaware River. Everyone lives in a watershed and will benefit from listening to what the trout have to tell us.



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What happens on land affects water, because water moves both over the land and under the ground on its way to the nearest body of water.

When snow and rain fall on the ground, some of it seeps into the soil to become our drinking water and the water that makes streams flow when it is not raining (baseflow).

When we cover the land with impervious surfaces such as pavement and buildings, water cannot seep into the ground, and we lose our drinking water.

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Streams lose baseflow, and the trout will be in trouble too!

Melting snow and rain that cannot seep into the ground becomes stormwater runoff, which can cause flooding.

In the Pocono Creek watershed, if we cover the land with impervious surfaces to the maximum amount allowed by current zoning without controlling stormwater, runoff will increase by 30%.

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Stormwater moves over impervious surfaces faster than over lawns and much faster than it moves through the forest. The faster stormwater gets into streams, the more likely streams are to overflow and cause flooding.

It is better for rain to seep into the soil (infiltration) because it moves slowly underground toward the stream channel.

This groundwater sustains baseflows in our streams year-round.

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If we want rain and snow to get to the stream the long, slow, underground way (taking the scenic route instead of the fast lane), we need to minimize stormwater runoff.

Develop Smart! Keep the Trout!

Building structures, roads, and parking lots that have low impact on the watershed is the key.

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Low Impact Development (LID) maintains stormwater runoff as well as the amount of water that seeps or infiltrates into the soil and recharges streams and groundwater.

Townships and Boroughs can pass laws that encourage or require LID.

Get involved in local government decisions by attending planning commission and zoning hearing board meetings and asking for low impact development in your watershed.



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Low Impact Development costs less since it involves less land clearing, site grading, infrastructure (streets, curbs, gutters, sidewalks), and stormwater management than in standard development.

Developers also benefit from a greater number of lots for sale, lower impact fees, and enhanced marketability!

Land Use, Stream Flows, Trout Populations, and our quality of life are all linked together.



Our homes, communities, and streams are a part of the Hydrologic Cycle. Most of the water that falls on the land seeps into the soil and slowly discharges into our streams. Some of it flows over the land directly into our streams and some evaporates into the atmosphere to become rain again.

Low Impact Development includes practices such as Rain Gardens, Grassed Swales, Permeable Pavement, Rain Barrels, reduced street width and undisturbed areas to avoid disrupting the hydrologic cycle.

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Individuals can help maintain stream flows by simply conserving water. If we use water wisely at home we are withdrawing less water from the ground.

6 Ways you can conserve water at home:

1. Turn water off while brushing your teeth.
2. Avoid watering your lawn. If you must, water early in the day.
3. Use a broom instead of a hose to clean your driveway.
4. Collect water at the faucet while it heats up or cools down for other uses.
5. Replace old toilets, faucets, and showerheads with water saving devices.
6. Take shorter showers or turn water off when lathering.



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Take a single step toward conservation at home, and the trout will thank you.

Future generations will thank you, too.



If you would like to learn more about the Pocono Creek Sustainability Project, please visit the project website at: www.trouttrails.org

This program was made possible by a grant from the US EPA's Collaborative Science and Technology Network for Sustainability (CNS) program.

The following project partners would like to thank you for listening to the trout tales:

