

# Why Fly Fishing?

## **Fly fishing for trout is fun but how does it help the fish?**

Trout require very specific habitat. The stream must be clear, quite cold, and have a rocky bottom free of pollutants. This is the habitat needed for the growth of the insects on which trout feed, most of which spend their nymph stage on the underside of rocks.



*Figure 1. A mayfly, a common food source for trout.*

So it's not enough for a stream to be scenic and pretty; to support trout, the quality of the water must be very high. Not surprisingly, then, anglers – people who fish – are, therefore, the people most motivated to protect the quality of the water on which fish depend.

## **How can I help protect fish?**

Trout Unlimited is the Nation's largest organization that works to protect fish habitat. The Boulder Chapter of Trout Unlimited (TU) is known as Boulder Flycasters, and they are a strong partner of Boulder Valley ICO. You can join TU online ([gifts.tu.org](https://gifts.tu.org)). Your membership fee supports their work. Once you have joined, you will also get notice of habitat restoration and preservation projects in our area. You will also receive their magazine (which usually has excellent articles, including essays from John Geirach, an angler/author who lives in Lyons).



*Figure 2. Boulder Creek habitat restoration work funded by Boulder Flycasters.*

Other significant threats to trout habitat are global warming and pesticide run-off. You can choose not to use chemical pesticides and fertilizers, but you can also join organizations like the Sierra Club that fight climate change and other forms of pollution. If you plan to join the Sierra Club, please join through the Volunteer page at [boulderico.org](https://boulderico.org) (under “Strongly Recommended”). Members will receive Sierra Magazine.