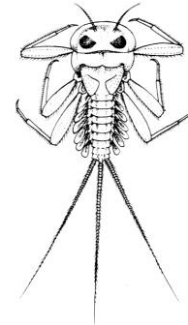


Mayfly Nymphs

Mayfly nymphs are insects that live in our rivers and still waters. Mayfly nymphs can range from three millimetres to thirty millimetres long and live in the water from one to three years, depending on the species, before emerging as adult flies.

In rivers we find these types of mayfly nymphs:

Crawling mayfly nymphs live under stones in fast flowing rivers and streams. Many have flattened bodies so that they are not swept away by the force of the river but can cling to stone instead. They feed on algae and breathe oxygen from the water using gills along the sides of their bodies.



Swimming mayfly nymphs have streamlined bodies which are specially adapted for swimming in both fast and slow flowing rivers. They are also known as agile darters. They swim among the stones of the river bed feeding on algae. Swimming mayfly nymphs also breathe through gills along the sides of their bodies.



Burrowing mayfly nymphs have very strong legs for digging burrows in the fine silt or gravel of the river bed in which they live. They feed on tiny bits of plants and leaves. Their gills are on their backs and are covered by hard cases to prevent them from clogging up with the fine silt of the river bed.

