

Rivers & Streams



**Captain John Smith
Chesapeake National
Historic Trail**



Rivers & Streams

Rain that falls on mountains and forests flows into streams. Streams become rivers that carry fresh water, nutrients, and soil to the bay. Many fish swim up from the ocean and bay into rivers and streams in the spring to lay their eggs. Fishing is one of the reasons why American Indians built their communities on the banks of rivers. Rivers also allowed for speedy travel by canoe and provided food in the form of wild grains and starches. Some of the best soil for farming is next to rivers.