Salmon are pinkish in colour and have spots on their fins and back. A mature salmon has a long, thin body. Generally, female salmon are larger than males. The largest salmon are the Atlantic salmon and the chinook. The smallest is the pink salmon weighing approximately 1.5 kilograms at maturity.

Salmon and trout are similar in appearance with the difference being colour patterns on the bodies. Both salmon and trout have a small fin on their back called the adipose fin. They are the only fish to have this fin. The adipose fin has no real value for the fish other than it contains a little fat.

Salmon have eight fins all together. The tail, or caudal fin is the largest and helps the salmon move. The tail is extremely flexible and powerful. The salmon is able to travel up to 20,000 kilometres (km) in the ocean and achieve speeds of 50 km per hour. It can jump more than four metres to climb waterfalls and obstacles in the water.

The median fins are located on the back and belly of the salmon. These fins are called the dorsal and anal fins and prevent the salmon from rolling over. The pair of pelvic fins are located on the fishes' belly while the pair of pectoral fins are located on the underside of the fish near the head. Both sets of fins help the salmon steer and prevent it from falling forwards.