**WHAT IS HYDROPOWER?**

Hydropower (from the Greek word hydor, meaning water) is energy that comes from the force of moving water. The fall and movement of water is part of a continuous natural cycle called the water cycle. Energy from the sun evaporates water in the Earth’s oceans and rivers and draws it up as water vapor. When the water vapor reaches the cooler air in the atmosphere, it condenses and forms clouds. The moisture eventually falls to the Earth as rain or snow, replenishing the water in the oceans and rivers. Gravity drives the moving water, transporting it from high ground to low ground. The force of moving water can be extremely powerful.

**THE WATER CYCLE**

- **SOLAR ENERGY**
- **CONDENSATION** (Gas to Liquid)
- **EVAPORATION** (Liquid to Gas)
- **PRECIPITATION** (Liquid or Solid)
- **OCEANS, LAKES, RIVERS** (Liquid)

**HYDROPOWER PLANT**

A typical hydropower plant is a system with three parts: a power plant where the electricity is produced; a dam that can be opened or closed to control water flow; and a reservoir (artificial lake) where water can be stored.

**HEAD AND FLOW**

The amount of electricity that can be generated at a hydro plant is determined by two factors: head and flow. Head is how far the water drops. It is the distance from the highest level of the dammed water to the point where it goes through the power-producing turbine. Flow is how much water moves through the system—the more water that moves through a system, the higher the flow. Generally, a high-head plant needs less water flow than a low-head plant to produce the same amount of electricity.

**STORING ENERGY**

One of the biggest advantages of a hydropower plant is its ability to store energy. The water in a reservoir is, after all, stored energy. Water can be stored in a reservoir and released when needed for electricity production. During the day when people use more electricity, water can flow through a plant to generate electricity. Then, during the night when people use less electricity, water can be held back in the reservoir. Storage also makes it possible to save water from winter rains for generating power during the summer, or to save water from wet years for generating electricity during dry years.

**PUMPED STORAGE SYSTEMS**

Some hydropower plants use pumped storage systems. A pumped storage system operates much like a public fountain does; the same water is used over and over again. At a pumped storage hydropower plant, flowing water is used to make electricity and then stored in a lower pool. Depending on how much electricity is needed, the water may be pumped back to an upper pool. Pumping water to the upper pool requires electricity so hydro plants usually use pumped storage systems only when there is peak demand for electricity.

**TOP HYDRO STATES**

Data: Energy Information Administration

1. **WASHINGTON**
2. **OREGON**
3. **NEW YORK**
4. **CALIFORNIA**
5. **MONTANA**