

1 **Review: Seasonal Differences in the Physiology of Wild Northern Ruminants**

2

3 Walter Arnold ¹

4

5 ¹ *University of Veterinary Medicine, Vienna, Department of Integrative Biology and*
6 *Evolution, Research Institute of Wildlife Ecology, Savoyenstraße 1, A-1160 Vienna,*
7 *Austria*

8

9 Corresponding author: Walter Arnold Email: walter.arnold@vetmeduni.ac.at

10

11 Short title: Seasonal Wild Northern Ruminants

12

13 **Abstract**

14 Ruminants living in seasonal environments face a two-fold challenge during winter.

15 The energetic cost of maintaining a high body temperature is higher at lower ambient

16 temperatures and this is compounded by poor availability and quality of feed. Wild

17 ruminants acclimatize to this energetic challenge by hypothermia, i.e. reduced

18 endogenous heat production and abandoning the maintenance of a high body

19 temperature, particularly in peripheral body parts. Further but lesser contributions to

20 lower energy expenditure during winter are: reduced foraging activity; lower heat

21 increment of feeding; and reduced maintenance cost of size-reduced organs.

22 Altogether, metabolic rate, estimated by the continuous measurement of heart rate, is

23 during winter down-regulated to more than half of the summer level, as is voluntary

24 food intake, even in animals fed *ad libitum*.

25 The transformation from the summer into the thrifty winter phenotype is also evident
26 in the physiology of digestion. Microbial protein synthesis is less facilitated by
27 diminished phosphorus secretion into the shrunk rumen during winter. In line with this
28 result, the concentration of ammonia, the end product of protein digestion in the
29 rumen, peaks in rumen liquid in spring, whereas the molar proportion of acetate, an
30 indicator of fermentation of a diet rich in fibre, peaks in winter. In contrast to reduced
31 stimulation of growth of ruminal microbes during winter, active transport of nutrients
32 across the intestinal epithelium is increased resulting in more efficient exploitation of
33 the lower amount and quality of ingested winter feed. Nevertheless, the energy
34 balance remains negative during winter. This is compensated by the use of fat
35 reserves, accumulated during summer, which become during winter a major
36 metabolic fuel.

37

38 **Keywords:** seasonal acclimatization, metabolic rate, thermoregulation, digestion,
39 organ size

40

41 **Implications**

42 The dramatic change of environmental conditions among seasons is a challenge for
43 free-living animals. Wild northern ruminants acclimatize to seasonality by adjusting
44 both physiology and behaviour. A profound decrease of energy expenditure during
45 winter, mostly achieved by a decrease in body temperature, allows a decline in
46 voluntary feed intake. However, digestion of ingested feed becomes simultaneously
47 more efficient. Similar reactions may also be present in domesticated ruminants, at
48 least in primordial breeds. A better understanding of the mechanisms and extent of

49 seasonal acclimatization will help to improve both animal keeping and wildlife
50 management.

51

52 **Introduction**

53 High latitudes and altitudes are characterized by profound differences in
54 environmental conditions between summer and winter, particularly for herbivores.
55 Outside the vegetation period, the availability and quality of plant material is
56 considerably lower and feed is difficult to access if covered by snow. In addition,
57 temperatures are much lower during winter, causing endothermic organisms to
58 expend more energy for thermoregulation. Many small mammals cope with these
59 difficulties by entering hibernation or daily torpor (Geiser and Ruf, 1995). Among
60 large mammals, such reactions were for a long time only known from bears. Non-
61 hibernating large mammals under cold load seemed to minimize energy
62 requirements solely by changing to a well insulating winter fur, counter-current heat
63 exchange mechanisms, and reduced locomotor activity. With the advance of
64 telemetry techniques, it became possible to measure physiological and behavioural
65 reactions in free-living animals continuously over long periods. These data
66 unequivocally answered the long-standing question whether seasonal changes of
67 metabolic rate in northern ungulates are predominantly due to different intake of feed
68 (and hence heat increment of feeding), or to changes of endogenous heat production
69 (and thus basal metabolic rate), similar to the reactions of hibernators and daily
70 heterotherms (Arnold *et al.*, 2004, Arnold *et al.*, 2006, Turbill *et al.*, 2011).
71 In this paper, I review studies addressing the question of seasonal acclimatization of
72 physiology and energy expenditure of northern wild ruminants. I further present as

73 yet unpublished data and analyses of samples delivered by hunters to the Research
74 Institute of Wildlife Ecology during the years 1970-2006.

75

76 **Metabolism and body temperature regulation**

77 In all wild northern ruminant species where seasonal acclimatization has been
78 studied in appropriate detail (i.e. with long-time measurements of high resolution),
79 profound changes have been found during the course of the year in physiological and
80 behavioural parameters (Figure 1). Although these species do not hibernate or show
81 daily torpor in the classical sense, they do become hypometabolic during the winter
82 period, as indicated by a reduction of heart rate (f_H), a good proxy of metabolic rate
83 (Turbill *et al.*, 2011). This reduction is most pronounced in species dwelling in alpine
84 (chamois, Alpine ibex), or polar habitats (Svalbard reindeer) with particularly harsh
85 winter conditions (Figure 1).

86 The reduction of energy expenditure during winter is accomplished to some degree
87 by reduced locomotor activity reflecting less foraging (Arnold *et al.*, 2018), but most
88 strongly correlates with body temperature (T_b) measured in the rumen (T_r , slightly
89 higher but closely following core T_b , Beatty *et al.*, 2008) (Figure 1). Decreased
90 endogenous heat production as the major contribution to reduced metabolic rate
91 during winter has been found in many species of ungulates (Arnold *et al.*, 2004,
92 Arnold *et al.*, 2006, Signer *et al.*, 2011, Turbill *et al.*, 2011, Brinkmann *et al.*, 2012,
93 Riek *et al.*, 2017, Arnold *et al.*, 2018). In red deer, for instance, the annual variation of
94 T_r is in the range of 0.5°C, which is sufficient to explain most of the annual variation
95 of f_H (estimated effect size 24.5 beats • min⁻¹, annual range of f_H variation 30 beats •
96 min⁻¹ (Turbill *et al.*, 2011)). The effect is greater than expected from the Newtonian
97 equation of thermoregulatory heat production. The discrepancy was initially

98 postulated to be the result of the simplified calculation assuming a uniform
99 temperature throughout the body. However, red deer – and presumably all wild
100 ungulates living in seasonally cold environments - allow substantial peripheral
101 cooling, particularly during nocturnal bouts of hypometabolism, with subcutaneous
102 temperature measured at the neck dropping to 15°C during late winter nights (Arnold
103 *et al.*, 2004). Therefore, a slightly lower core T_b apparently indicates a much greater
104 reduction in the mean temperature of the entire body mass and hence basal
105 metabolic rate. Allowing considerably low temperature in peripheral parts of the body,
106 particularly in the extremities, is long been known as an important thermoregulatory
107 strategy in mammals and birds of the Arctic (Irving and Krog, 1955). The evidence
108 available now challenges the traditional view that a change in thermal conductance is
109 the primary mechanism available to large mammals for reducing their
110 thermoregulatory energy expenditure (Scholander *et al.*, 1950). Instead, large
111 mammals seem to reduce endogenous heat production in response to cold exposure
112 and nutritional bottlenecks (Turbill *et al.*, 2011, Brinkmann *et al.*, 2017, Thompson *et*
113 *al.*, 2019). This process is analogous to that of small species employing daily torpor
114 or hibernation and has, at least temporally, comparable consequences for T_b in
115 peripheral parts of the body (Arnold *et al.*, 2004, Arnold *et al.*, 2006, Brinkmann *et al.*,
116 2012). Experimental food restriction elicits a further decrease of f_H and T_r during
117 winter (Turbill *et al.*, 2011, Brinkmann *et al.*, 2017), but does not suppress the
118 pronounced increase of f_H and T_r in spring, nor does *ad lib.* feeding prevent the
119 decline towards the winter trough (Turbill *et al.*, 2011).

120

121 **Use of fat reserves**

122 Another analogy to hibernation, manifest in wild northern ungulates, is the switch to
123 body fat reserves as an important metabolic fuel. These fat reserves are built up
124 during summer and autumn, and are consumed during winter (Figure 2). The use of
125 body fat reserves during winter is apparently associated with a reduction of appetite
126 and hence less motivation to search for scarce winter-feed. Red deer, for instance,
127 halve their feed intake during winter even when fed *ad lib.* (Arnold *et al.*, 2015b). The
128 seasonal difference in energy intake is similar to that caused by reproduction during
129 peak lactation in June (Figure 3). The reduction of appetite during winter is controlled
130 by photoperiod (Loudon, 1994) and seems to be ubiquitous among wild northern
131 ungulates (Peltier *et al.*, 2003, Arnold *et al.*, 2004, Barboza *et al.*, 2006, Kuntz *et al.*,
132 2006, Crater and Barboza, 2007, Brinkmann *et al.*, 2017). Changes in feed intake, on
133 the other hand, lead to a different heat increment of feeding, which contributes to
134 seasonal changes of metabolic rate, although not close to the extent as previously
135 thought (Lawler and White, 2003, Arnold *et al.*, 2004, Arnold *et al.*, 2006, Turbill *et*
136 *al.*, 2011).

137

138 **Organ size and body mass**

139 Since less feed needs to be processed during winter, this can be accomplished with
140 a smaller alimentary tract, which additionally saves energy necessary for maintaining
141 expensive tissue (Stevens and Hume, 1995). Profound shrinking of the gut and
142 visceral organs, for instance, occurs in marmots during hibernation (Hume *et al.*,
143 2002), but is also known from chamois, red deer, and roe deer, and takes place even
144 when animals are fed *ad lib.* (Arnold *et al.*, 2015b). Data on liver mass, available from
145 free-living animals of three species of wild ruminants, clearly demonstrate the
146 magnitude of seasonal change in the size of visceral organs (Figure 4). Due to

147 changes in fat reserves and organ size, total body mass also shows considerable
148 seasonal variation (Figure 5; similar changes are reported for Alpine ibex (Giacometti
149 *et al.*, 1997), bighorn sheep (Pelletier *et al.*, 2011), bison (Rutley and Hudson, 2000),
150 black-tailed deer (Parker *et al.*, 1993), moose (Milner *et al.*, 2012); muskoxen (Crater
151 and Barboza, 2007), reindeer (Tyler and Blix, 1990), and white-tailed deer
152 (DelGiudice *et al.*, 1992)).

153

154 **Digestion and uptake of nutrients**

155 In contrast to the reduction of the size of the alimentary tract and the surface area for
156 nutrient absorption, the efficacy of nutrient extraction may be increased (Ferraris and
157 Carey, 2000), as found for protein digestion in wintering red deer (Arnold *et al.*,
158 2015b). Three mechanisms may explain this result. Firstly, models predict that
159 optimal digestion time is longer if food quality is low. When plants contain a high
160 amount of lignified cell walls, the rumen-reticulum fills with residues that ferment so
161 slowly that passage out of the forestomach is impeded (Hume, 1989). Indeed, longer
162 retention time during periods when feed is of low digestibility seems to be common
163 among ungulates (Lechner-Doll *et al.*, 1991, Holand, 1994, Kuntz *et al.*, 2006).

164 However, in small ruminants such as roe deer, the strategy of increasing cell-wall
165 digestion by increased rumen retention is severely limited by the small size of the
166 rumen-reticulum. Therefore, roe deer depend more than other wild ruminants on a
167 selective feeding strategy to enhance winter survival (Holand, 1994).

168 Secondly, expression of transporter proteins seems to be increased during winter.

169 For example, in red deer the uptake of dipeptides into brush-border membrane
170 vesicles, prepared from enterocytes, is higher during winter (Arnold *et al.*, 2015b).

171 This might be linked to seasonal expression profiles of the proton dependent peptide

172 transporter 1 (pepT1). Upregulation of pepT1 during winter could be the mechanism
173 responsible for increased extraction of peptides from digested proteins, and be an
174 integrative part of the winter phenotype of wild ruminants. A similar scenario is likely
175 to exist in red deer for glucose uptake (Arnold *et al.*, 2015b). Therefore, it seems that
176 the energetic cost of additional transporter expression during winter is lower than the
177 benefit derived from attenuating an inevitably negative energy balance by maximal
178 exploitation of poor feed.

179 Thirdly, a reduction of the number and size of ruminal papillae and a smaller rumen
180 volume, as is typical for winter acclimatized wild ruminants (reviewed in Arnold *et al.*,
181 2015b), may sustain the rate of absorption of short chain fatty acids (SCFA). Due to
182 lower intake of feed, and presumably diminished microbial fermentation at lower T_r
183 (Crater and Barboza, 2007), SCFA production is lower during winter (Figure 6;
184 Tataruch and Ondersheka, 1993, Crater *et al.*, 2007). The uptake of SCFA, the
185 most important source of energy for ruminants, occurs mainly by diffusion
186 (Aschenbach *et al.*, 2011). Hence, the surface area for SCFA absorption must be
187 reduced during winter in order to maintain a sufficient gradient of SCFA
188 concentrations between rumen content and blood. Therefore, the rapid loss of
189 mucosal mass induced by malnutrition might, for wild ruminants, in fact be functional.
190 This interpretation is supported by the finding of a reduction of rumen volume by
191 about one third during winter in red deer, although the study animals did not lose
192 body mass due to the availability of pellets *ad lib.* (Arnold *et al.*, 2015b). Interestingly,
193 high SCFA concentrations, and particularly those of butyric and propionic acid,
194 stimulate ruminal blood flow and induce the formation of new papillae by increasing
195 the mitotic rate of the papillary epithelium (Hofmann, 1989). SCFA concentrations in
196 the rumen peak in spring in red deer, roe deer, and chamois (Figure 6; Tataruch and

197 Onderscheka, 1993), and, at least in red deer, especially the molar proportions of
198 n-butyric, propionic, and n-valeric acid (Figure 7; Tataruch and Onderscheka, 1993).
199 Similar changes are reported for mule deer (Short *et al.*, 1966), and muskoxen
200 (Crater *et al.*, 2007). On the other hand, the molar proportion of acetate, an indicator
201 of fermentation of a diet rich in fibre (Weiss *et al.*, 2017), is highest during winter
202 (Figure 7; Short *et al.*, 1966, Tataruch and Onderscheka, 1993, Crater *et al.*, 2007).
203 Higher concentrations of SCFA are indicative of high digestibility of feed and molar
204 proportions of n-butyric and n-valeric acid increase with the content of crude protein
205 in the diet (Tataruch and Onderscheka, 1993). Further, the concentration of
206 ammonia, the end product of protein digestion in the rumen, also peaks in rumen
207 liquid in spring (red deer, $p < 0.001$; roe deer, $p < 0.001$; 95% confidence interval (CI) of
208 peak location: red deer, mid-April to mid-May; roe deer, early March to early May).
209 Altogether, the changes of the concentrations of fermentation products in the rumen
210 liquid reflect the increase of feed availability and quality in spring. This may well be a
211 signal that, together with increasing day-length, elicits the change into the anabolic
212 summer phenotype with high metabolic rate (Figure 1), and regrowth of the
213 alimentary tract and visceral organs (Figure 4; Arnold *et al.*, 2015b).

214

215 **Stimulation of microbial protein biosynthesis by phosphorus secretion**

216 However, seasonally varying feed quality and T_r are not the only variables that shape
217 the community of ruminal symbionts. A further mechanism seems to be seasonally
218 changing concentrations of phosphorus in the rumen content (Figure 8). The CI of
219 the location of peak phosphorus concentration overlaps in each species with the CI
220 of the location of peak concentration of crude protein in the rumen content (cf. Figure
221 8, Figure 9). Phosphorus is essential for growth and protein synthesis of the ruminal

222 microbiota (Durand and Kawashima, 1980). High phosphorus concentrations during
223 summer indicate increased delivery by the host, presumably via saliva (Breves and
224 Schröder, 1991), as the phosphorus concentration of plants follows the opposite
225 pattern. This is indicated by the phosphorus concentration in the stomach content of
226 the monogastric European brown hare (Figure 8). From these data it can be
227 concluded that microbial growth is stimulated by increased phosphorus secretion into
228 the rumen during summer when the need for protein synthesis by rumen microbes is
229 high, e.g. for growth and reproduction (Peltier and Barboza, 2003, Knott *et al.*, 2005).
230 In line with this interpretation, the highest phosphorus and crude protein
231 concentrations are present throughout the year in the rumen content of roe deer
232 (Figures 8,9), a concentrate selecting species with limited ability for cell-wall
233 digestion.

234 With regard to the endogenous phosphate recycling, increased phosphorus secretion
235 by the host might be mediated by respective changes in the salivary phosphate
236 secretion and intestinal phosphate absorption. Expression of a sodium-dependent
237 phosphate transporter has been demonstrated in the parotid gland of goats (Huber *et al.*, 2003) and in jejunal tissue (Huber *et al.*, 2002). It is therefore likely that a higher
238 expression level of this transporter during summer increases the endogenous
239 recycling of phosphorus in wild ruminants and hence produces the summer peak of
240 phosphorus in the rumen content.

241 Altogether, peaks of crude protein in rumen contents, rather than seasonal changes
242 of crude protein concentration in the feed, reflect high microbial protein biosynthesis,
243 governed by seasonal changes in host-derived gastrointestinal mechanisms (Figure
244 10). This view is supported by the aforementioned pattern of ruminal crude protein
245 digestion, indicated by ammonia production. In red deer, peak concentration of
246

247 ammonia in rumen liquid occurs right after the peak of crude protein concentration in
248 its most important natural feed plants, but clearly before the crude protein
249 concentration in dry matter rumen content reaches its maximum (cf. peak CI of
250 ammonia production, mid-April to mid-May, with Figure 10).

251

252 **Conclusion**

253 Profound phenotypical plasticity, evident in considerable seasonal changes of
254 physiology and behaviour, seems to be ubiquitous in wildlife species living in
255 seasonal environments of the northern hemisphere, including ruminants.

256 Acclimatization to different living conditions during winter and summer is easily seen
257 in the change from a winter to a summer coat, and *vice versa*. However, this visible
258 seasonal acclimatization is only one feature of an all-embracing change taking place
259 during the transition from a thrifty, catabolic winter phenotype into a highly
260 productive, anabolic summer state, and encompasses the organismic and molecular
261 level (Arnold *et al.*, 2015a).

262 The major environmental cue governing this change is the photoperiod. It is well
263 established that an endogenous circannual rhythm has a role in coordinating the
264 expression of seasonal behaviours, such as reproduction, migration, hibernation,
265 molt, and the physiological and behavioural changes outlined above. A circannual
266 biorhythm is maintained by cells residing in the hypothalamus and is entrained to
267 time of the year by changes in pineal secretion of melatonin according to the
268 photoperiod (Lincoln *et al.*, 2003). The importance of the melatonin signal is revealed
269 by the experimental administration of melatonin during summer, which causes in red
270 deer, for instance, a phase-advance of the endogenous seasonal rhythm with

271 advanced initiation of reproduction and seasonal reduction of voluntary feed intake
272 (Heydon *et al.*, 1993).
273 We know meanwhile that seasonal differences in physiology are also present in
274 domesticated animals, at least in primordial breeds (Brinkmann *et al.*, 2012,
275 Brinkmann *et al.*, 2017, Riek *et al.*, 2017). The degree to which such differences exist
276 in breeds of highly productive farm animals is far less understood and remains a
277 scientific challenge for the future.

278

279 **Acknowledgements**

280 I am grateful to numerous hunters and in particular, to the Fonds für Umweltstudien
281 Achenkirch for providing rumen content samples and information about body and
282 organ mass of hunted animals. I thank Agnes Haymerle and Felix Knauer for
283 conducting the telemetry field work with chamois. The study of *Taurus* cattle was
284 carried out by the Hortobágy National Park and supported by Zoo Cologne. For field
285 work in Hortobágy, I thank Kristin Brabender, Viktor Molnar, Endre Sos, Gabrielle
286 Stalder and Chris Walzer. My special thanks go to Thomas Ruf for his help with
287 statistical analysis of periodic patterns, to Frieda Tataruch and the late Kurt
288 Onderscheka for building up the reference values database of wildlife species,
289 available at the Research Institute of Wildlife Ecology, to Renate Hengsberger for
290 help with references and editing of the manuscript, and to Steve Smith for correcting
291 the English. The author was supported by a grant from the Austrian Science Fund
292 (FWF P 30061 B25).

293

294 **Declaration of interest**

295 There is no potential conflicts of interest.

296

297 **Ethics statement**

298 All procedures outlined here were carried out in accordance with the respective
299 national legislation. **Correspondent ethics statements** can be found in the cited
300 publications. **The studies of chamois and Taurus cattle were discussed and approved**
301 **by the institutional ethics committee** of the University of Veterinary Medicine Vienna.

302

303 **Software and data repository resources**

304 **None of the data were deposited in an official repository**

305

306 **References**

- 307 Arnold W, Ruf T and Kuntz R 2006. Seasonal adjustment of energy budget in a large wild
308 mammal, the Przewalski horse (*Equus ferus przewalskii*) II. Energy expenditure.
309 Journal of Experimental Biology 209, 4566-4573.
- 310 Arnold W, Giroud S, Valencak TG and Ruf T 2015a. Ecophysiology of Omega Fatty Acids: A
311 Lid for Every Jar. Physiology 30, 232-240.
- 312 Arnold W, Ruf T, Reimoser S, Tataruch F, Onderschecka K and Schober F 2004. Nocturnal
313 hypometabolism as an overwintering strategy of red deer (*Cervus elaphus*). American
314 Journal of Physiology - Regulatory and Integrative Comparative Physiology 286, R174-
315 R181.
- 316 Arnold W, Ruf T, Loe LE, Irvine RJ, Ropstad E, Veiberg V and Albon SD 2018. Circadian
317 rhythmicity persists through the Polar night and midnight sun in Svalbard reindeer.
318 Scientific Reports 8, 14466.
- 319 Arnold W, Beiglböck C, Burmester M, Guschlbauer M, Lengauer A, Schröder B, Wilkens M
320 and Breves G 2015b. Contrary seasonal changes of rates of nutrient uptake, organ
321 mass, and voluntary food intake in red deer (*Cervus elaphus*). American Journal of
322 Physiology - Regulatory and Integrative Comparative Physiology 309, R277-R285.

Feldfunktion geändert

323 Aschenbach JR, Penner GB, Stumpff F and Gäbel G 2011. Ruminant Nutrition Symposium:
324 Role of fermentation acid absorption in the regulation of ruminal pH. *Journal of Animal*
325 *Science* 89, 1092-1107.

326 Barboza PS, Peltier TC and Forster RJ 2006. Ruminal Fermentation and Fill Change with
327 Season in an Arctic Grazer: Responses to Hyperphagia and Hypophagia in Muskoxen
328 (*Ovibos moschatus*). *Physiological and Biochemical Zoology* 79, 497-513.

329 Beatty DT, Barnes A, Taylor E and Maloney SK 2008. Do changes in feed intake or ambient
330 temperature cause changes in cattle rumen temperature relative to core temperature?
331 *Journal of Thermal Biology* 33, 12-19.

332 Breves G and Schröder B 1991. Comparative Aspects of Gastrointestinal Phosphorus
333 Metabolism. *Nutrition Research Reviews* 4, 125-140.

334 Brinkmann L, Gerken M and Riek A 2012. Adaptation strategies to seasonal changes in
335 environmental conditions of a domesticated horse breed, the Shetland pony (*Equus*
336 *ferus caballus*). *The Journal of Experimental Biology* 215, 1061-1068.

337 Brinkmann L, Riek A and Gerken M 2017. Long-term adaptation capacity of ponies: effect of
338 season and feed restriction on blood and physiological parameters. *Animal* 12, 88-97.

339 Crater AR and Barboza PS 2007. The rumen in winter: Cold shocks in naturally feeding
340 muskoxen (*Ovibos moschatus*). *Journal of Mammalogy* 88, 625-631.

341 Crater AR, Barboza PS and Forster RJ 2007. Regulation of rumen fermentation during
342 seasonal fluctuations in food intake of muskoxen. *Comparative Biochemistry and*
343 *Physiology A-Molecular & Integrative Physiology* 146, 233-241.

344 DelGiudice GD, Mech LD, Kunkel KE, Gese EM and Seal US 1992. Seasonal patterns of
345 weight, hematology, and serum characteristics of free-ranging female deer in
346 Minnesota. *Canadian Journal of Zoology* 70, 974-983.

347 Durand M and Kawashima R 1980. Influence of minerals in rumen microbial digestion. In
348 *Digestive Physiology and Metabolism in Ruminants: Proceedings of the 5th*
349 *International Symposium on Ruminant Physiology, held at Clermont — Ferrand, on*

350 3rd–7th September, 1979 (eds. Y Ruckebusch and P Thivend), pp. 375-408, Springer
351 Netherlands, Dordrecht.

352 Ferraris RP and Carey HV 2000. Intestinal transport during fasting and malnutrition. Annual
353 Review of Nutrition 20, 195-219.

354 Geiser F and Ruf T 1995. Hibernation versus Daily Torpor in Mammals and Birds:
355 Physiological Variables and Classification of Torpor Patterns. Physiological Zoology 68,
356 935-966.

357 Giacometti M, Bassano B, Peracino V and Ratti P 1997. Die Konstitution des
358 Alpensteinbockes (*Capra i. ibex* L.) in Abhängigkeit von Geschlecht, Alter, Herkunft
359 und Jahreszeit in Graubünden (Schweiz) und im Parco Nazionale Gran Paradiso
360 (Italien). Zeitschrift für Jagdwissenschaft 43, 24-34.

361 Heydon MJ, Sibbald AM, Milne JA, Brinklow BR and Loudon ASI 1993. The interaction of
362 food availability and endogenous physiological cycles on the grazing ecology of red
363 deer hinds (*Cervus elaphus*). Functional Ecology 7, 216-222.

364 Hofmann RR 1989. Evolutionary steps of ecophysiological adaptation and diversification of
365 ruminants: a comparative view of their digestive system. Oecologia 78, 443-457.

366 Holand Ø 1994. Seasonal dynamics of digestion in relation to diet quality and intake in
367 European roe deer (*Capreolus capreolus*). Oecologia 98, 274-279.

368 Huber K, Walter C, Schröder B and Breves G 2002. Phosphate transport in the duodenum
369 and jejunum of goats and its adaptation by dietary phosphate and calcium. American
370 Journal of Physiology - Regulatory and Integrative Comparative Physiology 283, R296-
371 R302.

372 Huber K, Roesler U, Muscher A, Hansen K, Widiyono I, Pfeffer E and Breves G 2003.
373 Ontogenesis of epithelial phosphate transport systems in goats. American Journal of
374 Physiology - Regulatory and Integrative Comparative Physiology 284, R413-R421.

375 Hume ID 1989. Optimal digestive strategies in mammalian herbivores. Physiological Zoology
376 62, 1145-1163.

377 Hume ID, Beiglböck C, Ruf T, Frey-Roos F, Bruns U and Arnold W 2002. Seasonal changes
378 in morphology and function of the gastrointestinal tract of free-living alpine marmots
379 (*Marmota marmota*). Journal of Comparative Physiology B: Biochemical Systemic and
380 Environmental Physiology 172, 197-207.

381 Irving L and Krog J 1955. Temperature of skin in the arctic as a regulator of heat. Journal of
382 Applied Physiology 7, 355-364.

383 Knott KK, Barboza PS and Bowyer RT 2005. Growth in Arctic ungulates: Postnatal
384 development and organ maturation in *Rangifer tarandus* and *Ovibos moschatus*.
385 Journal of Mammalogy 86, 121-130.

386 Kuntz R, Kubalek C, Ruf T, Tataruch F and Arnold W 2006. Seasonal adjustment of energy
387 budget in a large wild mammal, the Przewalski horse (*Equus ferus przewalskii*) I.
388 Energy intake. The Journal of Experimental Biology 209, 4557-4565.

389 Lawler JP and White RG 2003. Temporal responses in energy expenditure and respiratory
390 quotient following feeding in the muskox: influence of season on energy costs of eating
391 and standing and an endogenous heat increment. Canadian Journal of Zoology 81,
392 1524-1538.

393 Lechner-Doll M, Kaske M and von Engelhardt W 1991. Factors affecting the mean retention
394 time of particles in the forestomach of ruminants and camelids. In Physiological aspects
395 of digestion and metabolism in ruminants (eds. T Tsuda, Y Sasaki and R Kawashima),
396 pp. 455-482, Academic Press, London, **United Kingdom**.

397 Lincoln GA, Andersson H and Loudon A 2003. Clock genes in calendar cells as the basis of
398 annual timekeeping in mammals - a unifying hypothesis. Journal of Endocrinology 179,
399 1-13.

400 Loudon ASI 1994. Photoperiod and the regulation of annual and circannual cycles of food
401 intake. Proceedings of the Nutrition Society 53, 495-507.

402 Milner JM, Beast FM, Solberg EJ and Storaas T 2012. Reproductive success and failure: the
403 role of winter body mass in reproductive allocation in Norwegian moose. Oecologia, 1-
404 11.

405 Parker KL, Gillingham MP, Hanley TA and Robbins CT 1993. Seasonal patterns in body
406 mass, body composition, and water transfer rates of free-ranging and captive black-
407 tailed deer in Alaska. *Canadian Journal of Zoology* 71, 1397-1404.

408 Pelletier F, Réale D, Grant D, Coltman DW and Festa-Bianchet M 2011. Selection on
409 heritable seasonal phenotypic plasticity of body mass. *Evolution* 61, 1969-1979.

410 Peltier TC and Barboza PS 2003. Growth in an arctic grazer: Effects of sex and dietary
411 nitrogen on yearling muskoxen. *Journal of Mammalogy* 84, 915-925.

412 Peltier TC, Barboza PS and Blake JE 2003. Seasonal Hyperphagia Does Not Reduce
413 Digestive Efficiency in an Arctic Grazer. *Physiological and Biochemical Zoology* 76,
414 471-483.

415 Reimoser S 2012. Influence of anthropogenic disturbance on activity, behaviour and heart
416 rate of roe deer (*Capreolus capreaolus*) and red deer (*Cervus elaphus*), in context of
417 their daily and yearly patterns. In *Deer: Habitat, behaviour and conservation* (ed. AA
418 Cahler), pp. 1-95, Nova Science Publishers, Hauppauge, New York, USA.

419 Riek A, Brinkmann L, Gaulty M, Perica J, Ruf T, Arnold W, Hambly C, Speakman JR and
420 Gerken M 2017. Seasonal changes in energy expenditure, body temperature and
421 activity patterns in llamas (*Lama glama*). *Scientific Reports* 7, 7600.

422 Rutley BD and Hudson RJ 2000. Seasonal energetic parameters of free-grazing bison (*Bison*
423 *bison*). *Canadian Journal of Animal Science* 80, 663-671.

424 Scholander PF, Hock R, Walters V, Johnson F and Irving L 1950. Heat regulation in some
425 arctic and tropical mammals and birds. *Biological Bulletin* 99, 237-258.

426 Short HL, Medin E and Anderson AE 1966. Seasonal Variations in Volatile Fatty Acids in the
427 Rumen of Mule Deer. *The Journal of Wildlife Management* 30, 466-470.

428 Signer C, Ruf T and Arnold W 2011. Hypometabolism and basking: The strategies of Alpine
429 ibex to endure harsh over-wintering conditions. *Functional Ecology* 25, 537-547.

430 Stevens EC and Hume ID 1995. *Comparative physiology of the vertebrate digestive system*.
431 Cambridge Univ Press, N.Y., Melbourne, Australia.

432 Stokstad E 2015. Bringing back the aurochs. *Science* 350, 1144-1147.

433 Tataruch F and Onderscheka K 1993. Gehalt an Ammoniak und flüchtigen Fettsäuren im
434 Pansensaft von Rot-, Reh- und Gamswild. Wiener Tierärztliche Monatsschrift 80, 269-
435 274.

436 Tataruch F and Onderscheka K 1996. Chemische Analysen der Panseninhalte von Steinwild
437 in Graubünden. Zeitschrift für Jagdwissenschaft 42, 18-25.

438 Thompson DP, Barboza PS, Crouse JA, McDonough TJ, Badajos OH and Herberg AM 2019.
439 Body temperature patterns vary with day, season, and body condition of moose (*Alces*
440 *alces*). Journal of Mammalogy, 1-13.

441 Turbill C, Ruf T, Mang T and Arnold W 2011. Regulation of heart rate and rumen
442 temperature in red deer: effects of season and food intake. Journal of Experimental
443 Biology 214, 963-970.

444 Tyler NJC and Blix AS 1990. Survival strategies in arctic ungulates. Rangifer Special Issue 3,
445 211-230.

446 Wascher CAF, Kotrschal K and Arnold W 2018. Free-living greylag geese adjust their heart
447 rates and body core temperatures to season and reproductive context. Scientific
448 Reports 8, 2142.

449 Weiss CP, Gentry WW, Meredith CM, Meyer BE, Cole NA, Tedeschi LO, McCollum FT, III
450 and Jennings JS 2017. Effects of roughage inclusion and particle size on digestion and
451 ruminal fermentation characteristics of beef steers. Journal of Animal Science 95,
452 1707-1714.

453

454 **Figure captions**

455

456 **Figure 1** Seasonal change of heart rate, rumen temperature, and activity in six
457 species of wild ungulates (roe deer (*Capreolus capreolus*): reanalysed data from
458 (Reimoser, 2012); red deer (*Cervus elaphus*): reanalysed data from (Turbill *et al.*,
459 2011); chamois (*Rupicapra rupicapra*): unpublished data sampled 2009-2012 from
460 nine male and seven female chamois (ages 4-12 years), living free in an alpine area
461 in Upper Austria; Alpine ibex (*Capra ibex*): reanalysed data from (Signer *et al.*, 2011);
462 Svalbard reindeer (*Rangifer tarandus platyrhynchus*): reanalysed data from (Arnold
463 *et al.*, 2018); Taurus cattle: unpublished data from six >2-year-old females living free
464 in Hortobágy National park, Hungary. Taurus cattle are the result of a long quest to
465 resurrect the extinct aurochs (*Bos primigenius*) (Stokstad, 2015). Chamois and
466 Taurus cattle were studied with the same telemetry technique used for red deer,
467 alpine ibex, and Svalbard reindeer. Plotted are monthly means with 95% confidence
468 intervals (CI) reflecting variation between individuals.

469

470 **Figure 2** Seasonal change of kidney fat mass as an indicator of body fat reserves of
471 free-living chamois, red deer, and roe deer. Plotted are monthly means with 95% CI,
472 single values are indicated by a white dot. Significance of seasonal variation was
473 tested by linear modelling with sine (t) and cosine (t) as predictors with t as month in
474 radians. Lines represent periodic fits to the data, horizontal bars at peaks the 95% CI
475 of peak location.

476

477 **Figure 3** Seasonal change of daily energy intake from pellets and natural vegetation
478 of adult red deer hinds provided *ad libitum* with pellets (reanalysed data from Arnold

479 *et al.*, 2015b). Plotted are monthly means with 95% CI, error bars are lacking for yield
480 hinds in February and October because only one individual was measured; linear
481 mixed-effects modelling: effect of month, $F_{(5,60)}=9.53$, $p<0.0001$; effect of
482 reproduction, $F_{(1,60)}=0.36$, $p=0.552$; interaction of month and reproduction,
483 $F_{(5,60)}=0.44$, $p=0.817$.

484
485 **Figure 4** Seasonal change of liver mass of free-living chamois, red deer, and roe
486 deer. Plotted are monthly means with 95% CI, single values are indicated by a white
487 dot. Significance of seasonal variation was tested by linear modelling with sine (t)
488 and cosine (t) as predictors with t as month in radians. Lines represent periodic fits to
489 the data, horizontal bars at peaks the 95% CI of peak location.

490
491 **Figure 5** Seasonal change of body mass of free-living chamois, red deer, and roe
492 deer. Body mass is plotted as a percentage of the mean body mass of the respective
493 age/sex class of a species. Adult body mass is achieved at the age of 2 in female
494 and 5 in male chamois, 4 in female and 7 in male red deer, 2 in female and 4 in male
495 roe deer, respectively. Plotted are monthly means with 95% CI. Significance of
496 seasonal variation was tested by linear modelling with sine (t) and cosine (t) as
497 predictors with t as month in radians. Lines represent periodic fits to the data,
498 horizontal bars at peaks the 95% CI of peak location.

499
500 **Figure 6** Seasonal change of total short chain fatty acid (SCFA) concentrations in the
501 rumen liquid of free-living red and roe deer (for methods see Tataruch and
502 Onderscheka, 1993). Plotted are monthly means with 95% CI, single values are
503 indicated by a white dot. Significance of seasonal variation was tested by linear

504 modelling with sine (t) and cosine (t) as predictors with t as day of the year in radians.
505 Lines represent periodic fits to the data, horizontal bars at peaks the 95% CI of peak
506 location.

507

508 **Figure 7** Seasonal change of the molar proportions of acetic (A), propionic (B),
509 n-butyric (C), and n-valeric acid (D) in the total amount of short chain fatty acids in
510 the rumen liquid of free-living red and roe deer (for methods see Tataruch and
511 Ondersheka, 1993). Plotted are monthly means with 95% CI. Significance of
512 seasonal variation was tested by linear modelling with sine (t) and cosine (t) as
513 predictors with t as day of the year in radians. Lines represent periodic fits to the
514 data, horizontal bars at peaks the 95% CI of peak location.

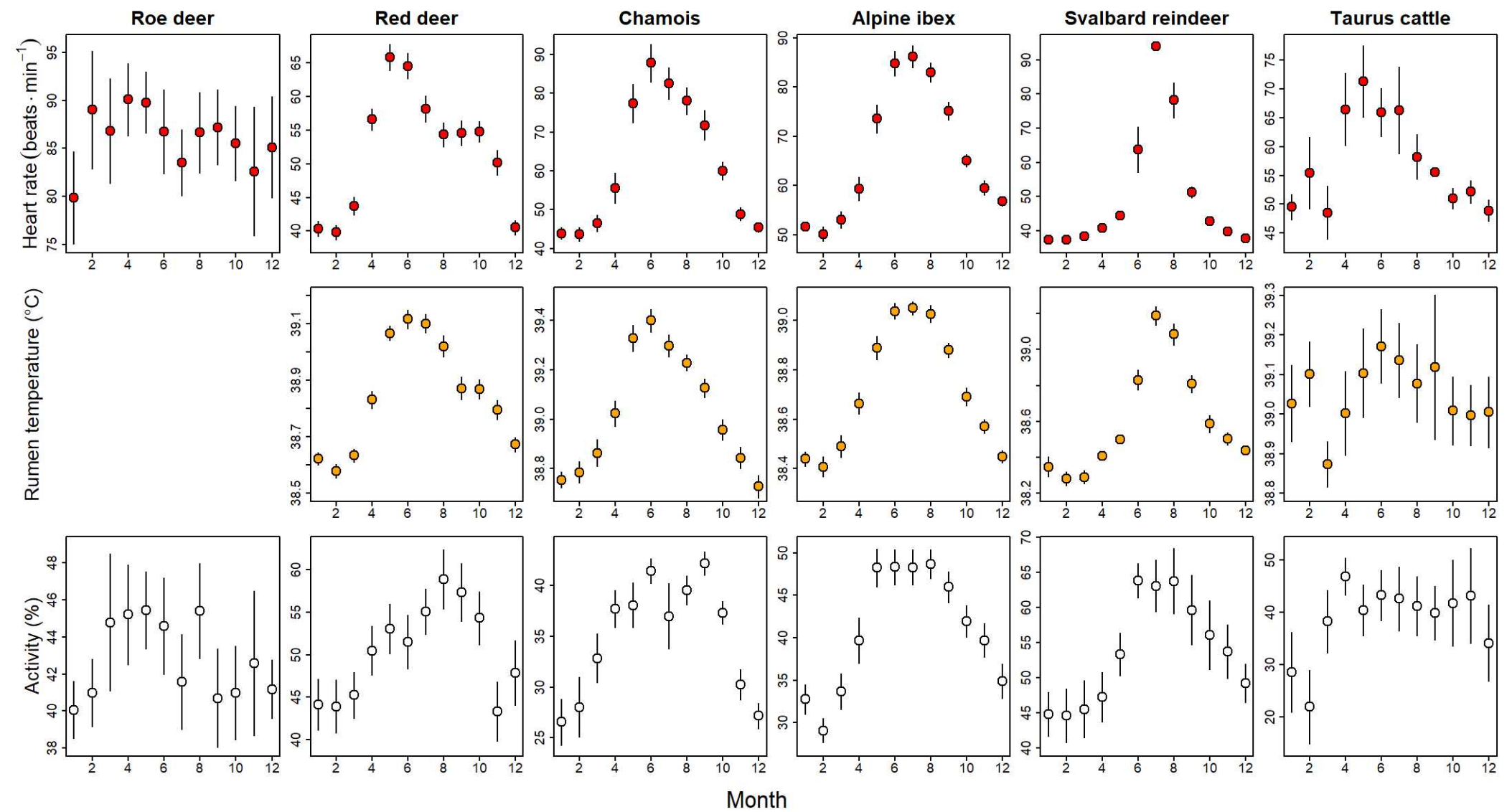
515

516 **Figure 8** Seasonal change of phosphorus concentrations in the rumen content of
517 four wild ruminant species and in the stomach content of the monogastric European
518 brown hare (for methods see Tataruch and Ondersheka, 1996). Plotted are monthly
519 means with 95% CI. Significance of seasonal variation was tested by linear modelling
520 with sine (t) and cosine (t) as predictors with t as day of the year in radians. Lines
521 represent periodic fits to the data, horizontal bars indicate the 95% CI of peak or
522 trough location, respectively.

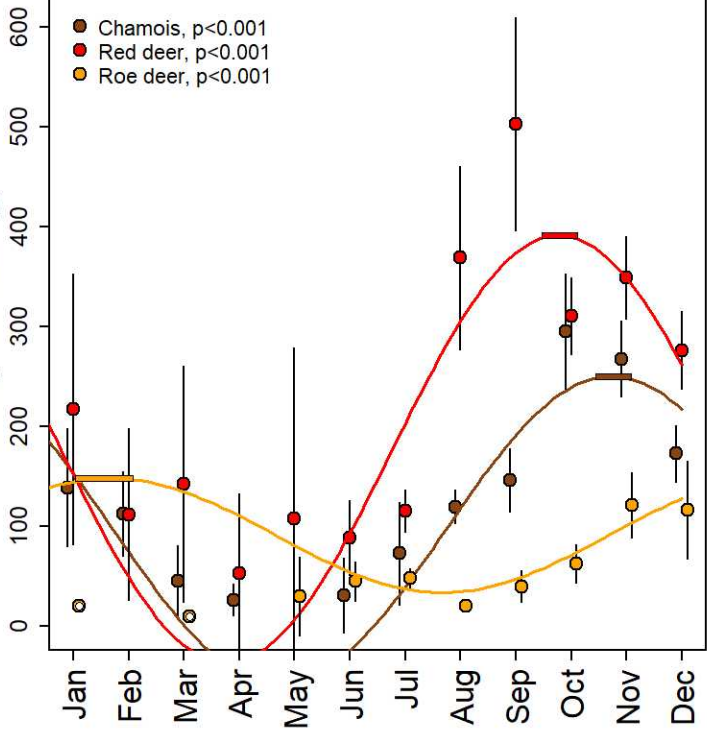
523

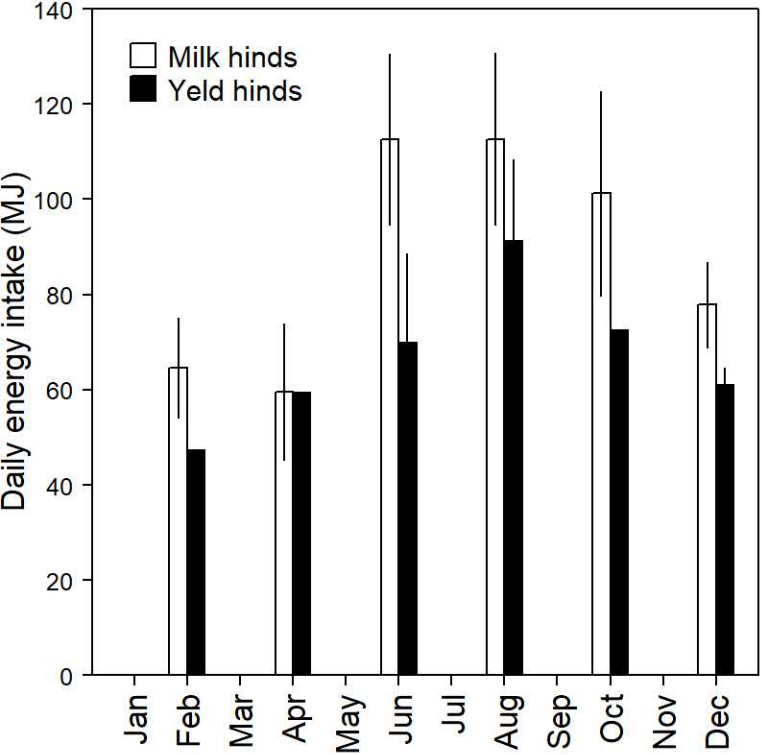
524 **Figure 9** Seasonal change of crude protein in the rumen content of free-living wild
525 ruminants (for methods see Tataruch and Ondersheka, 1996). Plotted are monthly
526 means with 95% CI. Significance of seasonal variation was tested by linear modelling
527 with sine (t) and cosine (t) as predictors with t as day of the year in radians. Lines

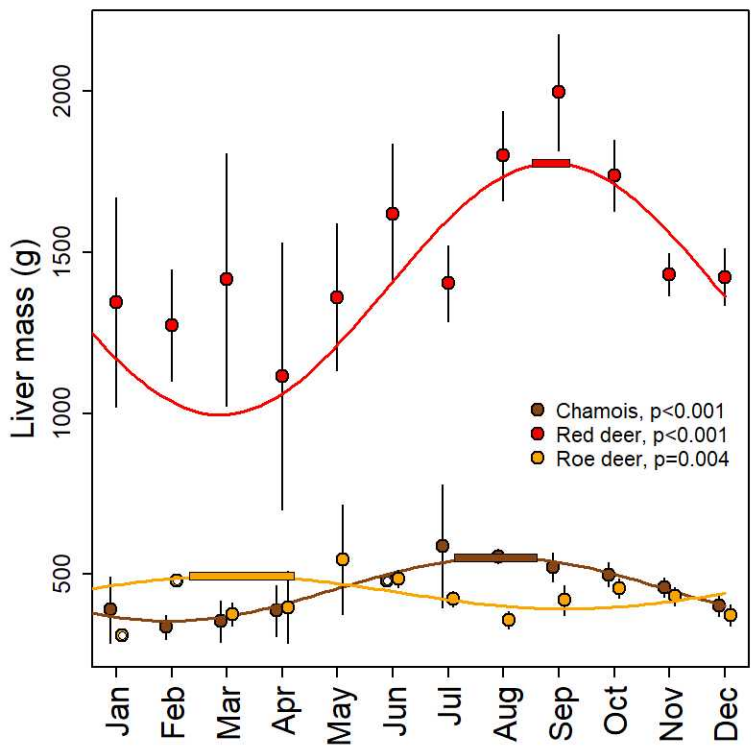
528 represent periodic fits to the data, horizontal bars at peaks the 95% CI of peak
529 location.
530
531 **Figure 10** Annual course of average crude protein concentration in the 10 plants
532 most frequently eaten by red deer hinds that lived in a 45 ha enclosure under close to
533 natural conditions (squares, dark green, for details on methods, see Arnold *et al.*,
534 2015b), and in the stomach content of free-living red deer (circles, light green, same
535 data as shown in Figure 9). Shaded areas indicate 95% CI of the overall mean
536 courses determined by spline fitting (for details see Wascher *et al.*, 2018). White
537 horizontal bars within belts indicate 95% CI of peak location.



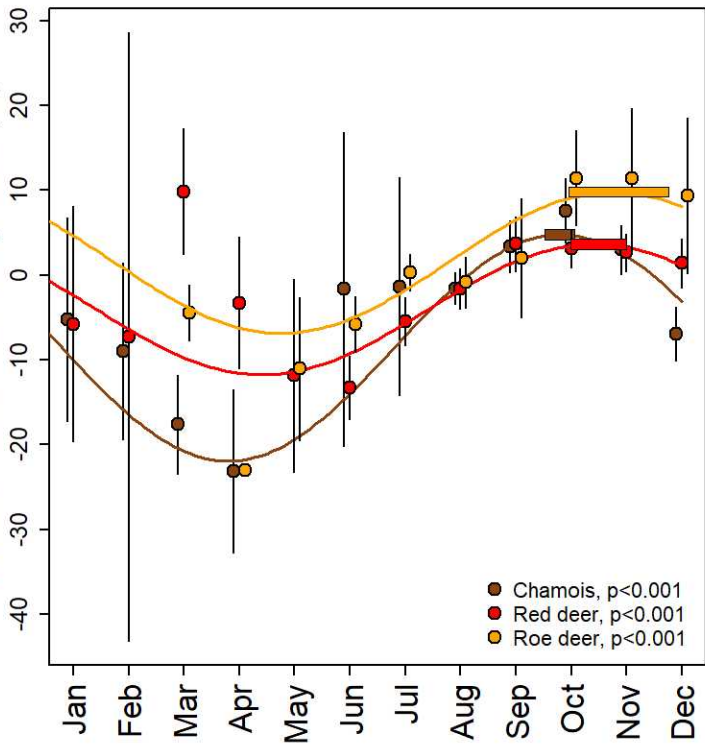
Kidney fat mass (g)

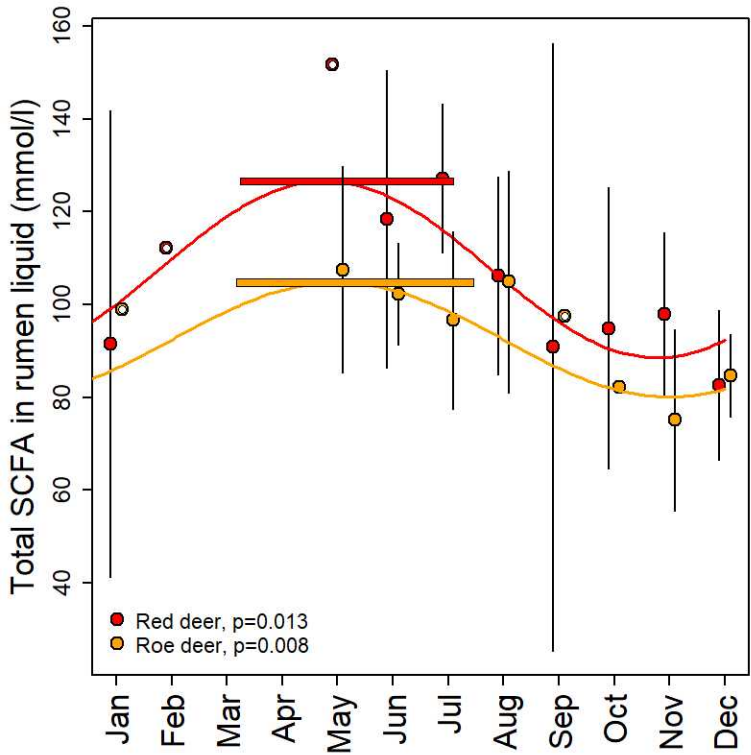


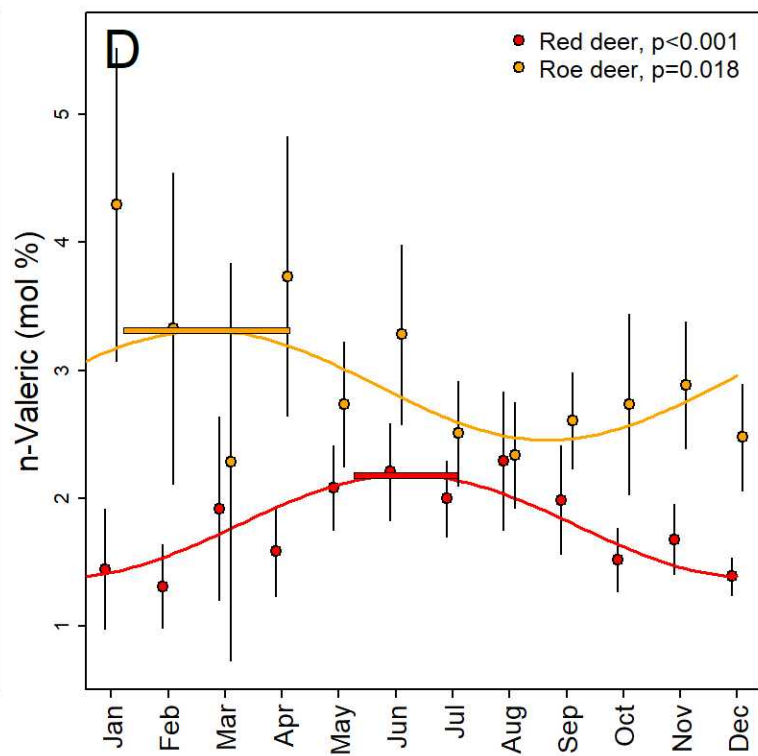
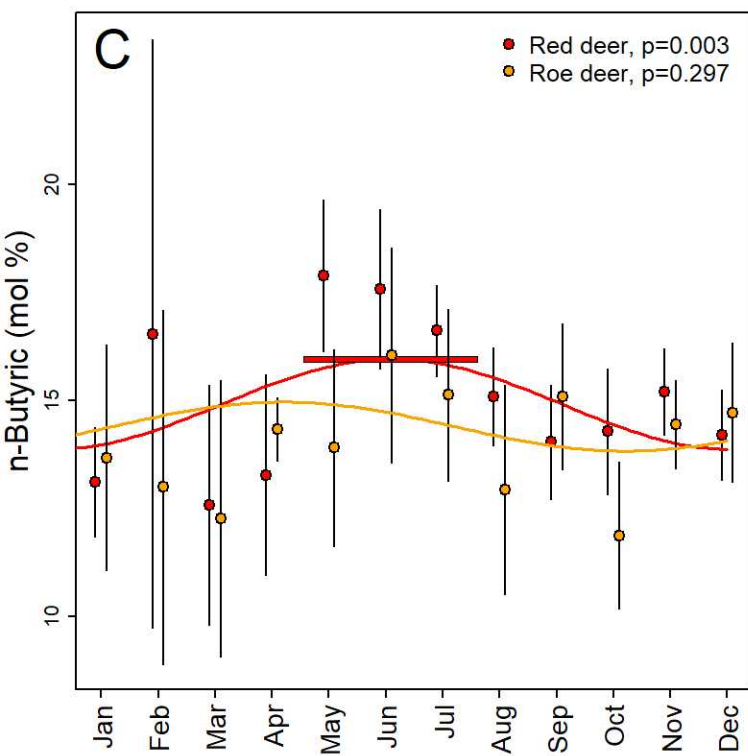
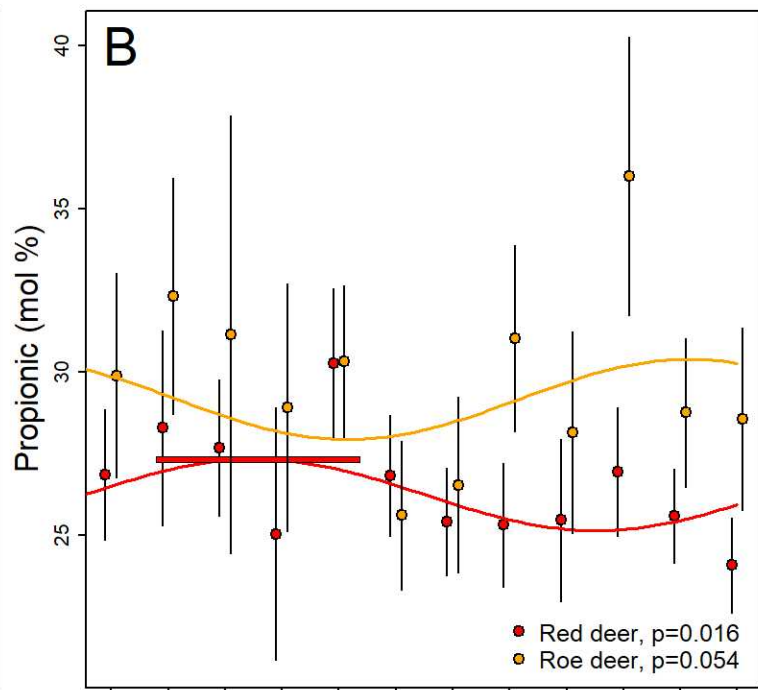
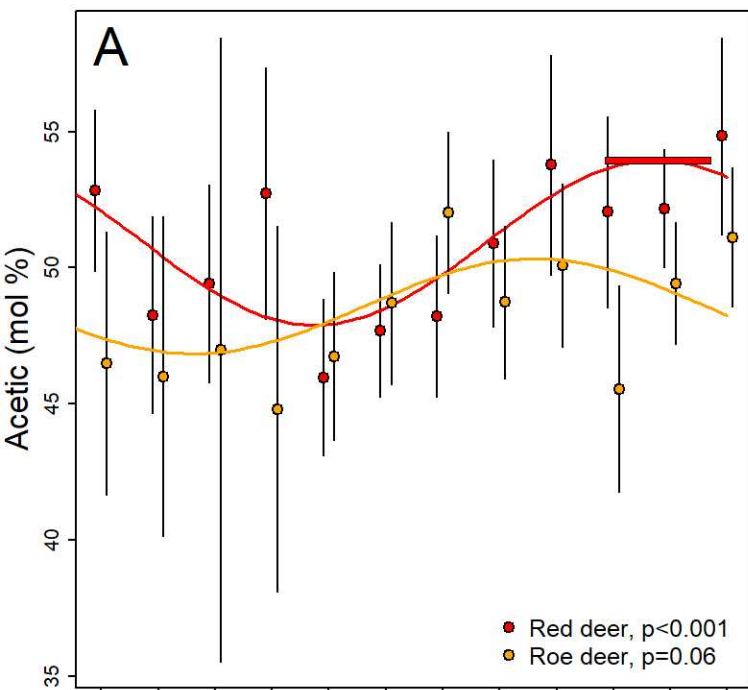




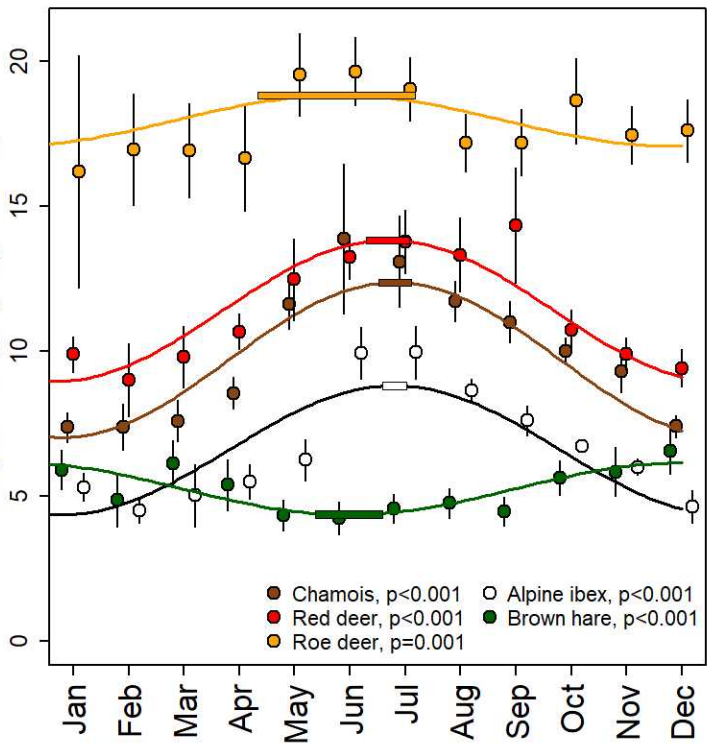
Deviation from mean body mass (%)

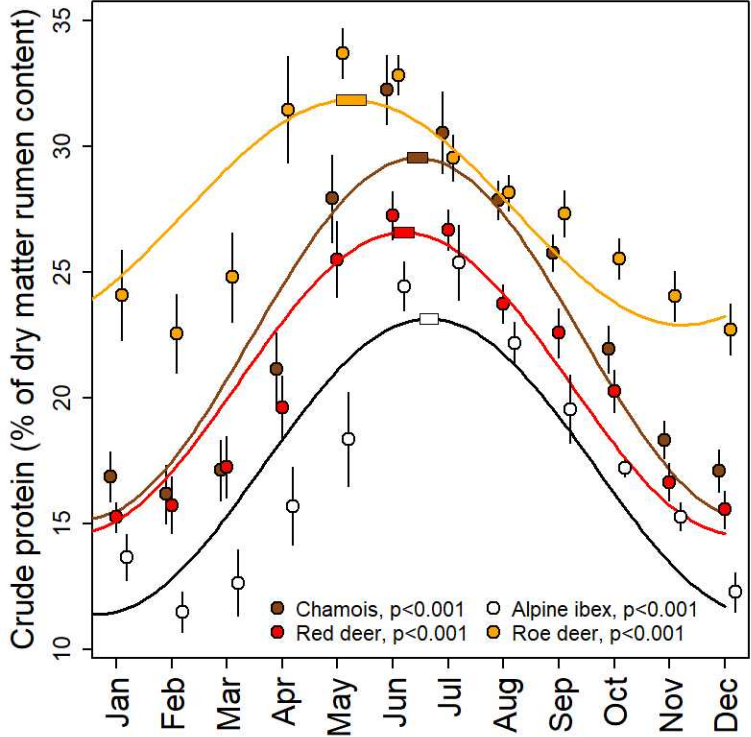




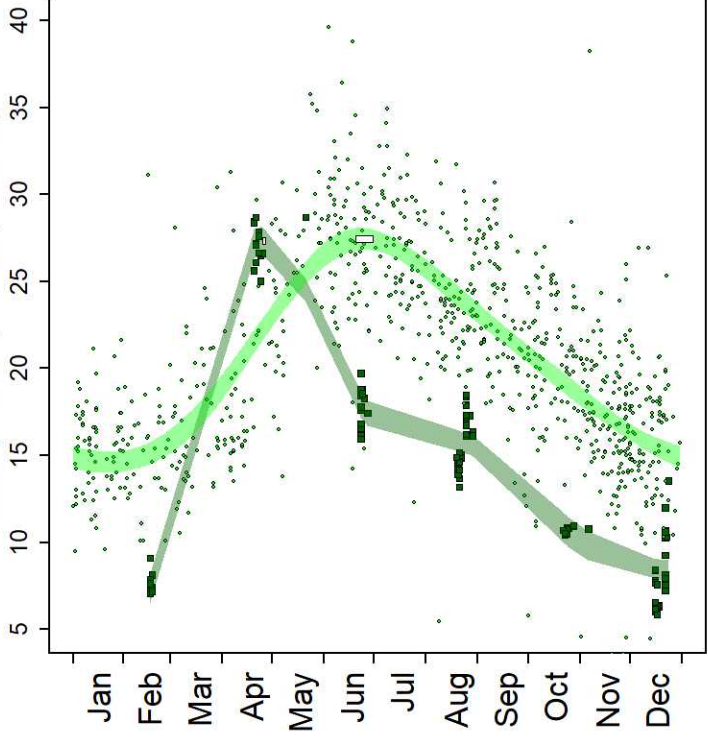


Phosphorus (g/kg dry matter)





Crude protein (% of dry matter)



Ammonia in rumen liquid (mg/100ml)

