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POISON DART FROGS

Brilliant-thighed Poison Frog

Allobates femoralis

Allobates femoralis is a small, dark frog of 3-4 cm from the Amazon and the Guiana Shield with an orange-yellow spot behind the arm and a crescent-shaped orange spot on the thigh. It is diurnal and ground-dwelling, the males defend territories with a loud call, and the courtship is one of the longest among poison frogs. The species belongs to the family Aromobatidae and is regarded as non-toxic.

Family: Aromobatidae Former name: *Epipedobates femoralis; Phyllobates femoralis; Dendrobates femoralis* Published 15 November 2026

KEY FACTS

THE ANIMAL

Adult size	**3-4 cm** snout-vent length
Lifespan	**5-10 years**
Active	**By day**
Lifestyle	**Terrestrial**
Habitat	**Rainforest**
Skin toxins	**None known**
Difficulty	**Experienced**

CARE

Min. enclosure	**60 × 40 × 40 cm** L × W × H for 2 adults
Temperature, day	**25-28 °C**
Temperature, night	**21-24 °C**
Humidity	**70-100%**
Water	**Water dish** depth 1-2 cm
UVB	**Optional** Ferguson zone 1
Diet	**Small invertebrates (springtails, fruit flies)**
Kept	**In pairs or one male with several females**

BREEDING

Reproduction	**Egg-laying**
Development	**Tadpoles carried to water**
Egg-laying site	**On the ground**
Eggs per clutch	**8-20**
Hatching	**15-20 days**
Larval period	**40-50 days** from hatching to metamorphosis
Larval diet	**Algae/plants**
Parental care	**Guards the eggs and carries the tadpoles**

PROTECTION AND PAPERWORK

CITES	**Appendix II**
IUCN	**Least Concern (LC)**

Care at a glance

THE ENCLOSURE
A pair of *Allobates femoralis* can be kept in a glass enclosure of 60 × 40 × 40 cm, and at least 50 × 50 × 50 cm is also mentioned.

TEMPERATURE
The daytime temperature should be 25-28 °C, and at night it is lowered by 3-4 degrees. A daily cycle from about 21 °C at night to 28 °C by day corresponds to conditions in French Guiana and has given good breeding results.

HUMIDITY AND MISTING
Humidity should be high: 70-80 % in the middle of the day and up to 100 % morning and evening.

WATER AND WATER QUALITY
Provide a shallow glass dish of about 10 cm in diameter with 1-2 cm of water, which the frogs can easily climb out of. The male also uses it when he is to deposit the tadpoles.

LIGHTING AND UVB
The lighting is first and foremost for the plants. 12 hours of light a day, for example from 7 to 19 hours, has worked well, and fluorescent tubes or LEDs of about 6,500 K give natural colours and good plant growth.

FEEDING
Allobates femoralis feeds on small insects. In the enclosure the staple diet consists of wingless fruit flies, supplemented with springtails, very small crickets, small wax moth larvae and meadow plankton.

BEHAVIOUR AND HANDLING
Allobates femoralis is diurnal, and the males are territorial.

NATIVE RANGE
Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Peru and Suriname.