herpy

POISON DART FROGS

Ecuador Poison Frog

Ameerega bilinguis

Ameerega bilinguis is a small, diurnal poison frog of 17-23 mm from the leaf litter of the rainforest in the north-western Amazon lowlands. The back is black with red granules, and the underside is pale blue with black markings. The species is rarely kept, and little is known about its care.

Family: Dendrobatidae Former name: *Epipedobates bilinguis* Published 16 November 2026

KEY FACTS

THE ANIMAL

Adult size	**17-23 mm** snout-vent length
Lifespan	**10-15 years**
Active	**By day**
Lifestyle	**Terrestrial**
Habitat	**Rainforest**
Skin toxins in the wild	**Mild**
Skin toxins in captivity	**None** Captive-bred animals. Wild-caught animals can keep their toxins for a long time
Difficulty	**Intermediate**

CARE

Min. enclosure	**40 × 40 × 40 cm** L × W × H for 2 adults
Temperature, day	**25-26 °C**
Temperature, night	**20-22 °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 in groups**

BREEDING

Reproduction	**Egg-laying**
Development	**Tadpoles carried to water**
Egg-laying site	**On the ground**
Eggs per clutch	**4-16**
Hatching	**10-22 days**
Larval period	**70-90 days** from hatching to metamorphosis
Larval diet	**Algae/plants and complete diet**
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
Little is known about the care of *Ameerega bilinguis*, but the species is kept in small numbers, and the basic figures for the vivarium are known. It is kept like other small *Ameerega* species from the rainforest leaf litter.

TEMPERATURE
The daytime temperature is 25-26 °C, and at night it is lowered by 4-5 degrees to 20-22 °C.

HUMIDITY AND MISTING
Humidity is 70-80 % by day, with a dip to about 70 % around midday, and close to 100 % morning and evening, preferably with mist.

WATER AND WATER QUALITY
A shallow water bowl with 1-2 cm of water lets the frogs drink and is necessary if breeding is to take place, because the male deposits the tadpoles there. The bowl must have a slope or stones so that a frog can climb out again.

LIGHTING AND UVB
The light should first and foremost give the plants a day-night rhythm of about 12 hours, and an LED plant lamp is enough for that. UVB is not necessary for poison frogs, so it is optional.

FEEDING
The food is small, live arthropods: springtails and fruit flies (*Drosophila melanogaster*), micro crickets, sieved meadow plankton and small isopods.

BEHAVIOUR AND HANDLING
The species is diurnal and lives mostly on the ground, but the males readily climb onto slightly raised spots to call. It can be kept in pairs or in a group if the vivarium is large enough for the males to keep their distance.

NATIVE RANGE
Colombia, Ecuador and Peru.

The full guide with map and updates: herpy.org/pilegiftfroeer/ameerega-bilinguis