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POISON DART FROGS

Cainarachi Poison Frog

Ameerega cainarachi

Ameerega cainarachi is a red-backed poison frog of about 3 cm that is known only from the foothills around Tarapoto in northern Peru. The species is threatened in the wild, and little is known about its care, so this guide is based on the climate, the habitat and the close relatives *Ameerega bassleri* and *Ameerega pepperi*.

Family: Dendrobatidae Former name: *Epipedobates cainarachi; Epipedobates ardens* Published 16 November 2026

KEY FACTS

THE ANIMAL

Adult size	**3 cm** 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	**22-26 °C**
Temperature, night	**19-22 °C**
Humidity	**70-100%**
Water	**Water dish** depth 1-2 cm
UVB	**Optional** Ferguson zone 1
Diet	**Insects and small invertebrates (springtails, fruit flies)**
Kept	**In pairs**

BREEDING

Reproduction	**Egg-laying**
Development	**Tadpoles carried to water**
Egg-laying site	**On the ground**
Sexually mature	**12-13 months**
Eggs per clutch	**22-44**
Hatching	**10 days**
Larval period	**50-60 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	**Endangered (EN)**

Care at a glance

THE ENCLOSURE

Little is known about the care of *Ameerega cainarachi*. The species lives in the same area as *Ameerega bassleri* and *Ameerega pepperi*, and the breeding figures are borrowed from them (see Breeding).

TEMPERATURE

By day 22-26 °C suits, and at night the temperature should fall by up to 5 °C, to about 19-22 °C. The difference between the seasons is only 1-2 °C. There is no winter rest.

HUMIDITY AND MISTING

Humidity must be 70-100 %: about 70 % around midday and close to 100 % with mist morning and evening. Mist or use a rain system and fogger a couple of times a day.

WATER AND WATER QUALITY

A shallow water bowl with 1-2 cm of water is enough, and it must be easy to get in and out of. Use rainwater, reverse osmosis water or dechlorinated tap water, and change the water every second day so that bacteria do not build up.

LIGHTING AND UVB

The light must first and foremost cover the plants' needs: LED plant-growth light for 10-12 hours a day with a clear night. The need for UVB is not documented; a weak UVB lamp (Ferguson zone 1) is optional.

FEEDING

The frogs take the usual small feeder insects: fruit flies (*Drosophila melanogaster* and *Drosophila hydei*), springtails, small isopods, newly hatched crickets, the smallest waxworm larvae and sweep-netted small insects from the meadow.

BEHAVIOUR AND HANDLING

Ameerega cainarachi is diurnal and lives on the forest floor. The males in the genus are territorial and call from fixed spots.

NATIVE RANGE

Peru.