herpy

POISON DART FROGS

Trinidad Poison Frog

Mannophryne trinitatis

Mannophryne trinitatis is a small, brown, diurnal frog of 25-28 mm that occurs only on Trinidad, where it lives by clear, stony streams in humid forest. The male can turn jet black when calling, and the female has a clear yellow throat. The species is hardly ever kept, and little is known about its care.

Family: Aromobatidae Former name: *Phyllobates trinitatis* Published 16 November 2026

KEY FACTS

THE ANIMAL

Adult size	**25-28 mm** snout-vent length
Lifespan	**5-10 years**
Active	**By day**
Lifestyle	**Terrestrial**
Habitat	**Rainforest and wetland**
Skin toxins	**None known**
Difficulty	**Experienced**

CARE

Min. enclosure	**60 × 40 × 45 cm** L × W × H for 2 adults
Temperature, day	**23-27 °C**
Temperature, night	**20-22 °C**
Humidity	**80-100%**
Water	**Water section** depth 3-5 cm
UVB	**Optional** Ferguson zone 1
Diet	**Small invertebrates (springtails, fruit flies)**
Kept	**In pairs**

BREEDING

Reproduction	**Egg-laying**
Development	**Tadpoles carried to water**
Egg-laying site	**On the ground**
Eggs per clutch	**6-13**
Hatching	**21 days**
Larval period	**40-50 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	**Not listed**
IUCN	**Least Concern (LC)**

Care at a glance

THE ENCLOSURE	Little is known about keeping *Mannophryne trinitatis*.
TEMPERATURE	The daytime temperature should be 23-27 °C and the night 20-22 °C. Frogs from forest streams tolerate heat poorly, so keep the temperature below 28 °C.
HUMIDITY AND MISTING	Humidity should be 80-100 %. Mist daily so that leaves and stones are wet. A fogging system makes it easier to keep the humidity stable. Provide ventilation so that the air does not become stagnant.
WATER AND WATER QUALITY	The species needs a permanent water section with shallow, clean and preferably gently flowing water, 3-5 cm deep, with stones and leaves.
LIGHTING AND UVB	UVB is hardly necessary, but a low dose (Ferguson zone 1) is optional. Plant lighting for 10-12 hours keeps moss and ferns alive. Provide shade with plants and bark so that the frogs can move away from the bright light.
FEEDING	The species needs small arthropods: small and large fruit flies (*Drosophila melanogaster* and *Drosophila hydei*), springtails and small isopods.
BEHAVIOUR AND HANDLING	*Mannophryne trinitatis* is diurnal and territorial. Females defend their spots more often than males, with threats, wrestling and chasing, and they display the yellow throat as a threat.
NATIVE RANGE	Trinidad & Tobago.