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POISON DART FROGS

Granular Poison Frog

Oophaga granulifera

Oophaga granulifera is a small, diurnal poison dart frog of 19-22 mm from the Pacific side of Costa Rica and the far west of Panama. The skin is distinctly granular, the back red, orange or olive-green, and the legs and belly blue-green to turquoise. The species lives along shaded forest streams, and the female feeds her tadpoles with unfertilised eggs.

Family: Dendrobatidae Former name: *Dendrobates granuliferus* Published 16 November 2026

KEY FACTS

THE ANIMAL

Adult size	**19-22 mm** snout-vent length
Lifespan	**6 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	**Experienced**

CARE

Min. enclosure	**80 × 40 × 40 cm** L × W × H for 2 adults
Temperature, day	**21-25 °C**
Temperature, night	**17-21 °C**
Humidity	**80-100%**
Water	**Water dish** depth 1-2 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**
Sexually mature	**12-18 months**
Eggs per clutch	**2-5**
Hatching	**19-20 days**
Larval period	**87-212 days** from hatching to metamorphosis
Larval diet	**Unfertilised eggs from the female**
Parental care	**Guards the eggs, carries the tadpoles and feeds the tadpoles with eggs**

PROTECTION AND PAPERWORK

CITES	**Appendix II**
IUCN	**Vulnerable (VU)**

Care at a glance

THE ENCLOSURE	Little is known about the husbandry of *Oophaga granulifera*, and the species is rare in the hobby.
TEMPERATURE	The daytime temperature should be 21-25 °C, and the frogs are most active at 20-22 °C. At night the temperature should fall by 4-5 °C, to about 17-21 °C. Seasonal variation is minimal, about 1-2 °C.
HUMIDITY AND MISTING	Humidity should be 80-90 %, and 100 % early in the morning and late in the day when the enclosure is misted.
WATER AND WATER QUALITY	A shallow water dish of 1-2 cm depth, for example a low bowl sunk into the substrate or a water section between the stones, provides drinking water and humidity.
LIGHTING AND UVB	The species lives on the shady forest floor, so the light must first and foremost cover the plants' needs.
FEEDING	Adults are fed small, flightless fruit flies, springtails, newly hatched micro crickets, the smallest waxworm larvae and field plankton.
BEHAVIOUR AND HANDLING	*Oophaga granulifera* is shy and lives very secretively, especially in the dry season, when it almost completely shuts down.
NATIVE RANGE	Costa Rica and Panama.