herpy

POISON DART FROGS

Lehmann's Poison Frog

Oophaga lehmanni

Oophaga lehmanni is a rare, diurnal poison frog from a small area in western Colombia, black or dark brown with broad bands of red, orange or yellow. It is critically endangered in the wild, and only captive-bred animals belong in an enclosure. The species requires an experienced keeper: it does not tolerate heat, and the tadpoles live exclusively on unfertilised eggs from the female.

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

KEY FACTS

THE ANIMAL

Adult size	**3-4 cm** snout-vent length
Lifespan	**4-15 years**
Active	**By day**
Lifestyle	**Terrestrial**
Habitat	**Rainforest and montane forest**
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**

BREEDING

Reproduction	**Egg-laying**
Development	**Tadpoles carried to water**
Egg-laying site	**On leaves over water**
Eggs per clutch	**3-10**
Hatching	**14-28 days**
Larval period	**60-90 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**

CARE

Min. enclosure	**60 × 60 × 60 cm** L × W × H for 2 adults
Temperature, day	**22-24 °C**
Temperature, night	**17-19 °C**
Humidity	**70-100%**
Water	**No water dish**
UVB	**Optional** Ferguson zone 1
Diet	**Small invertebrates (springtails, fruit flies)**
Kept	**In pairs**

PROTECTION AND PAPERWORK

CITES	**Appendix II**
IUCN	**Critically Endangered (CR)**

Care at a glance

THE ENCLOSURE	A pair of *O. lehmanni* needs an enclosure of at least 60 × 60 × 60 cm (length × width × height), and larger is better: the few documented breedings have all succeeded in larger enclosures.
TEMPERATURE	*O. lehmanni* comes from cool mountain rainforest and is more sensitive to heat than most poison frogs. It does best at 22-24 °C during the day, and 24-25 °C should not be exceeded, not even briefly.
HUMIDITY AND MISTING	Humidity should be 70-100 %: high in the morning and evening, preferably with fog so that it reaches 100 %, and a little lower in the middle of the day, down to about 70 %.
WATER AND WATER QUALITY	The frogs do not need a water bowl, because the humidity covers their needs.
LIGHTING AND UVB	The frog is diurnal and lives in shade under the forest canopy. There is no documentation that the species needs UVB when the food is dusted with vitamin D3, but weak UVB lighting (Ferguson zone 1) can be used without harm.
FEEDING	*O. lehmanni* eats only live, small arthropods. The staple food is flightless fruit flies, and the species is large enough to take the larger *Drosophila hydei* as well.
BEHAVIOUR AND HANDLING	*O. lehmanni* is diurnal and calm, but the males are territorial and call from fixed spots. Keep the species in pairs.
NATIVE RANGE	Colombia.

The full guide with map and updates: herpy.org/pilegiftfroeer/oophaga-lehmanni