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POISON DART FROGS

Sira Poison Frog

Ranitomeya sirensis

Ranitomeya sirensis is a small, diurnal poison frog of 15-25 mm from eastern Peru, northern Bolivia and the far west of Brazil. The species includes the forms that were formerly sold as "lamasi" and "biolat", and most of them are among the easiest poison frogs to breed. The frogs thrive in groups when there is enough space.

Family: Dendrobatidae Former name: *Ranitomeya lamasi; Dendrobates lamasi; Dendrobates sirensis* Published 15 November 2026

KEY FACTS

THE ANIMAL

Adult size	**15-25 mm** snout-vent length
Lifespan	**5-10 years**
Active	**By day**
Lifestyle	**Arboreal and 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	**Intermediate**

BREEDING

Reproduction	**Egg-laying**
Development	**Tadpoles carried to water**
Egg-laying site	**In leaf axils (e.g. bromeliads)**
Sexually mature	**5-8 months**
Eggs per clutch	**1-8**
Hatching	**10-14 days**
Larval period	**58-80 days** from hatching to metamorphosis
Larval diet	**Algae/plants and complete diet**
Parental care	**Guards the eggs and carries the tadpoles**

CARE

Min. enclosure	**45 × 45 × 45 cm** L × W × H for 3 adults
Temperature, day	**21-25 °C**
Temperature, night	**18-21 °C**
Humidity	**80-100%**
Water	**Water dish** depth 1-2 cm
UVB	**Optional**
Diet	**Small invertebrates (springtails, fruit flies)**
Kept	**In pairs or in groups**

PROTECTION AND PAPERWORK

CITES	**Appendix II**
IUCN	**Least Concern (LC)**

Care at a glance

THE ENCLOSURE	1-3 *R. sirensis* can be kept in an enclosure of 45 × 45 × 45 cm, and a pair or a trio also manage in 40 × 40 × 40 cm.
TEMPERATURE	Keep the enclosure at 21-25 °C during the day and 18-21 °C at night. The species tolerates 18-27 °C, but does best at 21-24 °C, and temperatures above 29 °C are dangerous.
HUMIDITY AND MISTING	Humidity should be 80-100 %. The species tolerates down to 50 % only briefly, and only if it has access to water; low humidity without water can quickly become fatal.
WATER AND WATER QUALITY	A shallow water dish or a bromeliad with water in the leaf axils is enough. Keep the water 1-2 cm deep, so the smallest frog can sit in it with its head and upper body above the water.
LIGHTING AND UVB	*R. sirensis* is diurnal, and the lighting is first and foremost for the plants. Give 12-14 hours of light a day with fluorescent tubes or LED and darkness at night. It is not documented that the species needs UVB.
FEEDING	The staple diet is small arthropods: wingless fruit flies (*Drosophila melanogaster*), springtails and small woodlice. Adults also take the larger *D. hydei* and newly hatched crickets.
BEHAVIOUR AND HANDLING	*R. sirensis* is often shy and likes to hide, so a densely planted enclosure with many hiding places gives the most to look at. The male calls to lure a female to an egg-laying site.
NATIVE RANGE	Bolivia, Brazil and Peru.