



Getting to know Chilliwack's Species at Risk

Species at risk profile: Oregon Spotted Frog, *Rana pretiosa*

What it looks like:

A medium-sized frog (less than 10 cm) with spots on its back that are rings rather than blotches, with golden yellow eyes that face upwards. Its skin colour can vary from light green to dark brown.

[Click here for more identification details.](#)

Where it lives:

This frog is found living in shallow wetlands, ditches, flooded fields, and sloughs in the Fraser Valley lowlands. [Visit this map for location details.](#)

What it eats:

The adults are ambush predators that feed on all types of insects in the water, such as mosquitoes and water spiders.

What are its main threats in the Fraser Valley?

Habitat loss and pollution.

Did you know?

- Unlike other native amphibians, this species lives in water year-round.
- It is the rarest frog in Canada, found only in the Fraser Valley.
- Click [here for more facts](#) and [here for what is being done to help](#).

How you can help:

Frogs breed in shallow water in the spring. Avoid disturbing these areas during this time of year.

Check out these guides for recommendations about managing [lands near water](#) and [agricultural waterways](#).

Join the [Nature Stewards](#) program for personalized property advice.

Spot an Oregon Spotted Frog? – take a photo, record the location, and send it to outreach@fraservalleyconservancy.ca.

For any questions about this or other species at risk, contact the [Fraser Valley Conservancy](#).