



Pan-African Diabetic Foot Study Group (PADFSG)

Invitation to 4th Pan-African Diabetic Foot Study Group

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Abuja: Facts You Should Know

Abuja, the capital city of Nigeria since 1991, is one of the few properly planned capital cities in Africa. With its beautiful modern parks, architectural designs, and monumental buildings, Abuja is indeed a worthy capital city of Nigeria. Abuja has been aptly tagged the “centre of unity” due to its physical central position in the country and lack of ethnic and religious differences.

The city has an estimated population of 6 million people, making it Nigeria’s 4th largest city. Bordered to the North by Kaduna State, to the South-East by Nasarrawa State, to the South-West by Kogi State and to the West by Niger State.

The city has so many great prospects but you may feel a bit unsure about what to expect of Abuja. Not to worry, we’ve curated a list of important things you need to know.

A City of Many Hills

Abuja’s cityscape is defined by hills and rocks. If you come to Abuja, you need to see a monolith created by water erosion. It has the size of about 400 meters. People call it Aso Rock. Some important places spanning on the southern area of the rock include Supreme Court, National Assembly, and Presidential Complex. Another rock is Zuma Rock. It is situated in the northern part of Abuja which has the size of about 729 meters. The city experiences 3 distinct seasons; the warm season, the rainy season and an extremely hot/dry season. The average temperature is 29.1 degrees Celsius. This ideal climate makes Abuja a great place to visit all-year-round.

The Most Planned City in Nigeria

In all of Africa, Abuja is the only purpose-built city. The territory was intentionally carved out to become the capital of Nigeria in 1991. As a result, the city has the most extensive road network in the country, making every area of the city easily accessible from another. It also has a seamless transport system to boot. Abuja is divided into various sections which are all earmarked to serve specific purposes. For example, the Central Business District (home to various offices and agencies) or Asokoro (where a majority of experts and diplomatic staff are housed).

How to get to Abuja By Air



There are direct domestic flights from major cities like Lagos, Port Harcourt, Owerri, Sokoto, Akure, Enugu, Kano, Benin City, Warri and Calabar. International and domestic airlines like Medview Airlines, Dana Air, Arik Air and Air Peace, Lufthansa, Turkish Airlines and Air France fly to Nnamdi Azikiwe International Airport, Abuja.

All Roads Lead to Abuja



Abuja is accessible by road from all parts of Nigeria. Some of the road transportation companies like the Young Shall Grow Transport Ltd, Peace Mass Transit and Chisco Transport Ltd transport passengers daily from various cities in Nigeria to Abuja.

By Rail

If you are travelling from Kaduna and neighbouring states, the newly constructed Kaduna to Abuja rail line is a great option for you. It is known to be a significantly cheaper and more direct way to travel to Abuja.

Getting Around in Abuja

Taxis are the most common means of transport in the city. Taxis are easily accessible at street sides and travel all routes in the city. Online cab services like Uber are available and provide cheap and comfortable transportation around the city.

Other means of transportation include commercial motorcycles and tricycles. These vehicles travel only short distances. The tricycles often have specific routes which they play.

Things to do in Abuja

You can enjoy the sights in Abuja regardless of your budget. Most of the time, all you will need to take with you is an adventurer's eye and a good camera.

Enjoy Nightlife in Abuja



The city is well known for its sophisticated evenings and vibrant nightlife. At night, you will notice on the side roads, open spaces converted into relaxation spots referred to as gardens. Riverplate Park and the Secret Garden are choice gardens for lone relaxation or with friends. The clubs, bars, live music, pubs, and lounges ensure your night time is as interesting as your day. Most of the clubs are located in Wuse 2. You should check out clubs like Cubana, Basement, the Bank, Krsytal Lounge, Safari, Klub vanity, Aqua night, etc.

Visit Aso Rock



At 132 feet, Aso Rock is the most noticeable feature of Abuja. The Nigerian Presidential Complex (dubbed Aso Villa), National Assembly and Supreme Court are all delicately positioned around it, making Aso Rock the most powerful rock in Africa.

Visit Zuma Rock



After the prestigious Aso Rock, you head towards Zuma Rock for another breathtaking view. The gigantic 1km long inselberg is irrefutably one of Nigeria's most famous landmarks. Though its geographically located in Niger State, Zuma Rock is a drivable distance from Abuja's city centre.

Shop for Souvenirs at the Ladi Kwali Pottery



Ladi Kwali Pottery was established under the Northern Regional Government in 1950. The pottery today, remains a sight to behold. There are world-class clay and wood pot and carvings on display and available for sale. You can also learn about Ladi Kwali and dedication to pottery which earned her a place on the Nigerian N20 note.

Tourist Attractions in Abuja

Jabi Lake



Jabi Lake is a sight to behold the wonders of nature. The lake is a mystery because its water level remains constant all-year-round. It is also home to crocodiles and other reptiles. At the bank of Jabi Lake, is a newly completed mall which has been constructed to allow you shop or relax on the various lakeside terraces.

National Mosque



Constructed in the 1980s, the golden dome of the National Mosque, is the most impressive religious site in the city. The best time to see the dazzling dome is at noon when the sun is at its peak.

National Ecumenical Centre (National Christian Centre)



Also known as National Christian Centre, National Ecumenical Centre is one of the largest Christian centres in Abuja. The cathedral is a great architecture marvel both on the outside and inside. The altar of the church gives worshippers a 360° view of the preacher.

Millennium Park



This park was conceived and designed by Italian architect, Manfredi Nicoletti. The largest public park in Maitama area. It is a place full of fun and serenity you desire. Features a pool, beautifully structured walkway and a play area for kids.

One side of the Park is dedicated to nature preservation hosting beautiful butterflies and tropical birds. An evening visit to the Park will greet you with the beautiful lightings, delicate animals and picnicking guests. It is a perfect romantic hangout spot.

Usman Dam



Hidden in Bwari, the dam offers a quiet and peaceful environment and offers amazing mountain and hillside views.

Where to Shop in Abuja

Abuja has a wonderful variety of malls, supermarkets, and open markets. The open markets stocks foodstuff, fresh and dry fish, meat, clothes, electronics and other household needs.

Wuse Market



This is the busiest and most popular market in Abuja. Here you can purchase everything from fresh foods to electronic gadgets. Haggling with traders to get a good bargain is a popular practice here.

Other open markets include; Kado Fishmarket, Utako market, Gariki Market, Friday Muslim Market, Abuja farmers market etc.

Abuja is also home to various malls like Jabi Lake Mall, Ceddi Plaza, Next Shopping Mall, Dune Centre or Silverbird Galleria, where you can shop in a serene environment, enjoy a meal or catch a movie.

Ceddi Plaza



Located in central Abuja, Ceddi Plaza is a go-to shopping destination in Abuja. It houses many businesses including Levi's store, Nike store, Etisalat, wine shop, restaurants and ATM's to mention but a few. You can also watch a movie at the cinema.

Silverbird Galleria



Features a cinema, an arcade game centre and a bowling alley. There is a bookstore, MANGO store, the Body Shop, Pandora and cafes, to mention a few. Shoprite is also in the Galleria to ensure buying and selling in a safe and serene environment.

Places to Eat in Abuja city

Bukka Restaurant



Located at Transcorp Hilton Hotel, it offers guests different mouth-watering Nigerian dishes like yam porridge, pounded yam, *Oha* soup, snail sauce, goat meat sauce etc. Bukka restaurant also offers buffets of local and continental cuisine.

Wakkis



At Wakkis, you get to see your food prepared in the open kitchen. Housed in a hut-like building made of bricks, wooden poles and straw, Wakkis kitchen offers different cuisines from India. It operates a 24-hour service.

BluCabana



Located in Mabushi District, BluCubana offers both indoor and outdoor by its swimming pool. BluCubana is also home to a beautiful parlour and a gym. Food served includes international appetizers and mains with a strong Lebanese influence. The menu offers different world cuisines such as; pasta, salads, sandwiches, pizzas and barbecued kebabs.

Jevnik Restaurant



To enjoy local Nigerian meals, pay a visit to Jevnik. It offers delicately prepared Nigerian foods (especially meals from eastern Nigeria) such as *Afang* soup, Abacha, *Ekpang nkukwo* and pepper soup.

Kilishi



Kilishi is a dried meat snack loved by Nigerians. , Abuja is the right place to have a taste of *kilishi* as its a sack that originated from Northern Nigeria. The *Kilishi* market in Area 1, Abuja is the main place to eat the best *Kilishi*.