

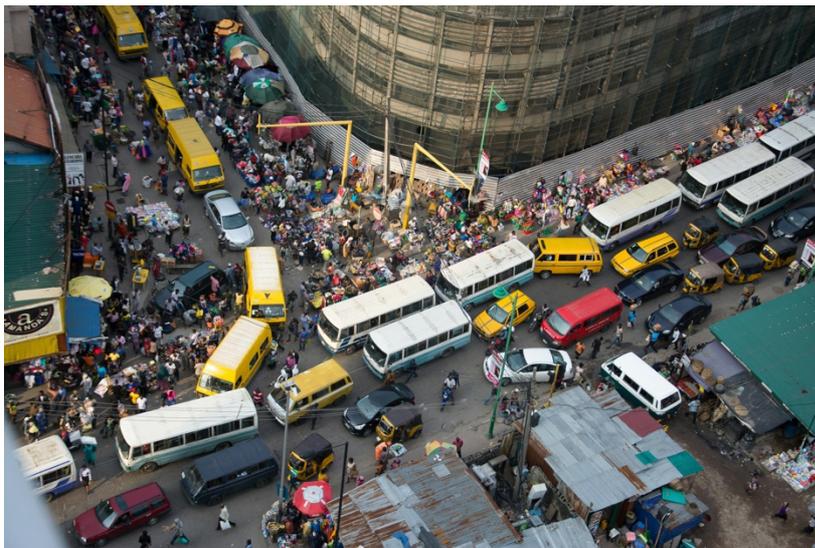


## LAGOS, NIGERIA ■ ■

Lagos is the commercial capital of Nigeria, just like New York City is the commercial capital of the United States of America. As you can imagine, it's a city that sometimes never sleeps and is full of fun, activities, fashion and is generally (as the young ones say) "*a vibe*". It's the most populous state in Nigeria, yet the smallest in land mass making it quite densely populated.

The streets are constantly bustling with energy, fueled by a level of drive, determination and grit different from every other part of the country.

As the nation's commercial capital, it is the hub of Corporate Nigeria, with various multinational companies (across industries), local, international banks, telecommunication companies, tech companies all headquartered here. It's viewed locally as a land of immense opportunities with many sojourning to Lagos from the hinterlands in search of a better life or the Nigerian dream. This explains the constant buzz and energy that fills the air – hustle and bustle is the order of the day. The Lagos energy is eclectic and unique!



### Who lives here?

Lagos is situated in the Southwestern part of the country, inhabited primarily by the Yoruba tribe. However, it has since become a melting pot as an increasing number of Nigerians from the nation's four corners arrive daily in search of better opportunities. Some parts of the city have imprints of the colonial era with



older British style architecture, like Lagos Island and Ebute Metta, while other parts exude the more aspirational side of modern-day Lagos in its quest for opulence and luxury.

Lots of other ethnic groups have since settled in Lagos, like many cosmopolitan cities in the world with various communities settling in different neighbourhoods. It is not uncommon to find communities and neighbourhoods with a mix of tribes and religions.

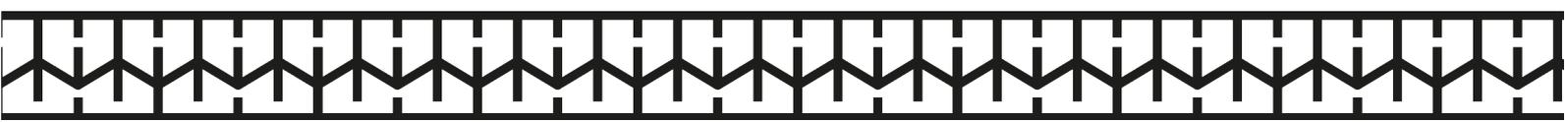
This *melting pot* status makes it a comfortable hub for people from every tribe to feel at home, creating a beautiful mix of diversity and authenticity. The Yoruba language is largely spoken in the streets, markets, etc. and it is quite common for non-Yoruba's to understand basic phrases to ease communication. English is the nation's official language and as such places of business, restaurants, banks all deal fluently in English, whilst Nigerian *pidgin* (aka broken English) is the unofficial lingua franca, commonly understood by all locals.

Lagos is also home to several foreign expatriates, some of whom have settled and made it their base. The Indian and Lebanese communities date back a few decades, when some of their relatives attracted by trade opportunities decided to settle in the city. They built schools for their children and live in communities to preserve their culture, whilst embracing the Nigerian environment. A good number of local supermarkets are owned by these foreigners who have come to know and love the city.

### The Island /Mainland debate

Lagos is situated on the southwestern coast of Nigeria and is split into the **mainland** which is the more land locked area and the **Island**, the areas closer to the coast. The mainland has historically been mostly residential whilst the island tended to be more commercial, with lots of banks and financial institutions headquartered in the Lagos Island/marina area, and its surrounding neighbourhoods like Victoria Island. This might explain why the city's more affluent restaurants are located on the Island as that captures most of "Corporate Lagos" clientele that are likely to frequent those spots (Think, Friday night drinks/dinners and corporate events, etc.)

In the last few decades, with what I like to call the "*The Great Evolution of Lekki*" more residential estates have sprung up on the Island, with neighbourhoods like Oniru (VI) and others (Lekki phase 1, Ikate, Agungi, Osapa, etc) off the Lekki-Epe expressway becoming home to most of them. This has led to an influx of young people into these areas, making the island not just the corporate hub, but also the residential home to lots of young upwardly mobile, working-class youth. It's almost like a generational divide, with the younger working-class generation keen on the Island lifestyle (surrounded by friends, fun, restaurants and nightlife) and some of the older generation treasuring the mainland parts they have always known. This dynamic excludes wealthier families and members of the older generation who have always lived on the



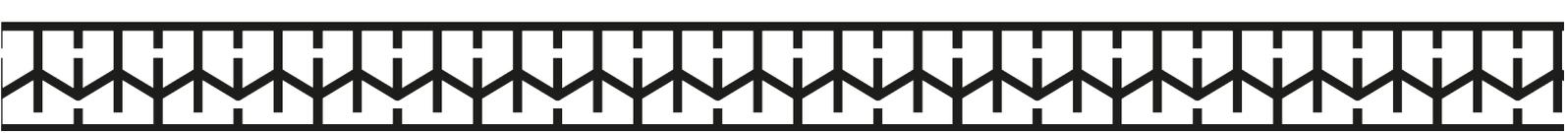
island in affluent areas like Ikoyi and VI. Some may refer to this class of people as the “old money” population.

As you can imagine, everything on the Island tends to be more expensive than its mainland counterparts.



### Food/Restaurants

Nigeria is home to a variety of restaurants ranging from Asian to Italian, Japanese and local cuisine. The local terrain can be quite tough for restaurant businesses, as innovation is key to retain the interest of customers. New restaurants spring up weekly, and it can sometimes be difficult for older restaurants to



retain customers. This means that it is normal to hear about new restaurants frequently, as well as rebranded restaurants seeking a fresh start.

The Island tends to be host to the latest restaurants as it's the hub for trendy bars, restaurants, nightclubs, however the mainland has a few good spots too, so plan your visits accordingly.

Here's a list of recommended restaurants, as well as food blogs that provide up to date information about the latest restaurants in this great city.

### **Breakfast/brunch**

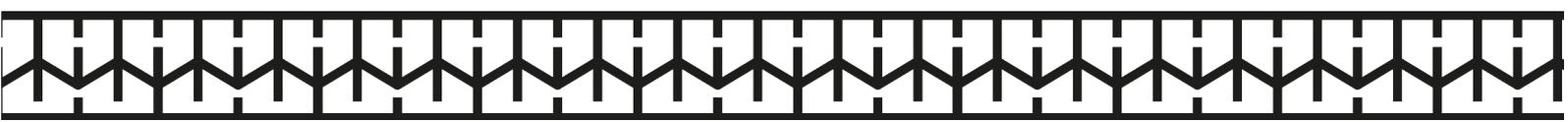
- The Flower shop, Victoria Island
- Orchid Bistro (Ikeja and Ikoyi)
- Cactus, Victoria Island
- Eric Kayser (Ikoyi & Victoria Island)
- Cafeteria, Victoria Island
- Hotels: Local hotels offer breakfast buffets to non-guests with a variety of continental and local cuisine. *Marriott Ikeja, Radisson blu Ikeja, Federal Palace Victoria Island, Four Points by Sheraton are a few options.*

### **Lunch**

- Circa Lagos, Lekki phase 1
- Yellow Chili, Ikeja & Victoria Island – for Nigerian cuisine
- Nok by Alara, Victoria Island
- Danfo Bistro, Ikoyi
- BL Restaurant, Victoria Island
- Sabor Lagos, Victoria Island
- Delis, Victoria Island
- Pizzeria, Victoria Island

### **Dinner/drinks**

- Slow, Victoria Island
- RSVP, Victoria Island
- Z kitchen, Victoria Island
- Koi, Victoria Island
- Salma's, Victoria Island (waterside)
- Lagoon restaurant (waterside)
- Shiro Lagos, Victoria Island (beachside)
- The House, Victoria Island



- La Taverna, Victoria Island

There are some popular international chains, adapted to suit the local palate with adjusted menus like KFC, Debonairs pizza, Johnny Rockets, Coldstone, Chicken republic. Dining out can cost a pretty penny so check out menus online beforehand to avoid surprises. Reservations aren't required in most places, but do reach out to the restaurants ahead if possible, particularly if you have a large group.

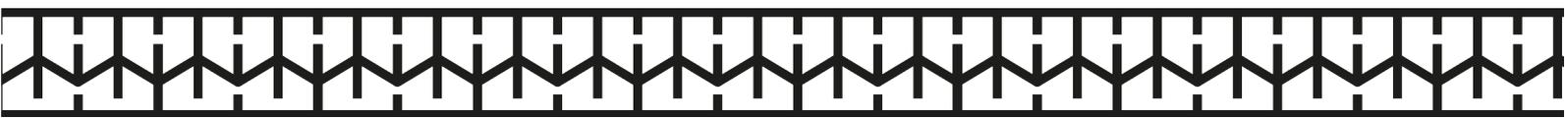
Local cuisine is largely accessible at various price ranges, from local *bukateria* style spots to fancy restaurants, all serving a plethora of local delicacies. Street food is also quite popular, ranging from snacks to full on meals/meal substitutes. Here are a few suggestions of local meals/snacks to try. Please note that Nigerian food is generally spicy and largely non-vegetarian, however some restaurants are able to make concessions for dietary restrictions

#### Food/Meals

- **Jollof rice, plantain and beef/chicken/turkey:** Jollof rice is a West African rice dish cooked with a spicy tomato sauce and local spices all one in pot. Forget what you've heard about other kinds of jollof. The debate ends here, Nigerian jollof is the best 😊
- **Pounded yam & efo riro or egusi soup:** Pounded yam is made from yam, which is a tuber similar to potatoes. The yam is pounded into a pulp and served with "soups" prepared with different local vegetables, meat, fish and spices.
- **Amala, gbegiri and ewedu:** This combination is popularly known as *abula* and consist of a pulp like dough (amala) made from ground dried yam and served with ground beans stew (gbegiri) and ground vegetables stew (ewedu). The combination is delicious and is served everywhere from restaurants, to local *bukas* and upscale parties and events. ***If served without stew or meat, it is a suitable option for vegetarians***
- **Pepper soup:** Spicy soup broth cooked with unique spices and a choice of meat (mostly fresh catfish or goat meat)
- **Plantain:** This is a starchy banana like fruit, cooked like a vegetable. It's a popular delicacy, mostly eaten deep fried but can be served boiled or grilled as well. When deep fried, it is often served with rice, beans, eggs

#### Snacks/In-between

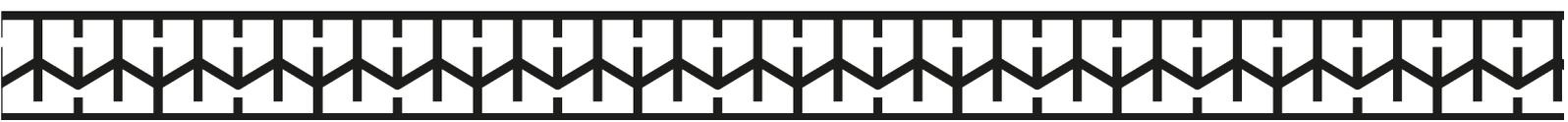
- Small chops: Canape/finger food combo served at parties, consisting of freshly deep-fried spring rolls, samosa, meat kebabs, mosa and puff puff
- Suya: Different kinds of meat served kebab style, with a special, unique seasoning
- Asun: Grilled/barbecued goat meat cooked in a spicy pepper sauce





- **Boli & groundnut** : Grilled plantain and local peanuts. *Suitable for vegetarians*
- **Nkwobi**: Eastern delicacy of goat head cooked in a tasty, spicy, pepper sauce
- **Akara**: This is a spicy bean cake/fritter popularly served for breakfast, alongside locally made pap (similar to custard). *Suitable for vegetarians*
- **Moin moin**: Bean pudding meal, steam cooked in banana leaves, with a filling of eggs, fish or corned beef. It can be made without the filling, to be a suitable vegetarian option
- **Plantain chips**: Popular snack made from fried unripe plantain, which gives it a crunchy, crisp like consistency. *Suitable for vegetarians*
- **Chin chin**: Fried dough pastry made from flour, sugar, butter, eggs and milk. *Suitable for vegetarians*
- **Zobo**: Locally made Hibiscus drink, often times mixed with pineapple and ginger. It's both healthy and refreshing and is the perfect way to cool off on a hot sunny day (typical of Lagos)
- **Chapman**: This is a popular locally made non alcoholic punch, made from a mix of soft drinks (Fanta, Sprite, lemonade) and some syrup. It is served cold, often garnished with cucumber and/or lemon
- **Malt drinks**: This is a very popular non alcoholic malt based drink, brewed similarly to beer but without the fermentation making it nutrient dense yet alcohol free. It's considered a more premium soft drink as it is more expensive than soft drinks like Coke, Fanta and Sprite. Popular locally made brands are:
  - o Maltina
  - o Amstel Malta
  - o Malta Guinness
  - o Malta Gold
- **Beer**: Beer is mostly consumed at local pubs, popularly called "beer parlours" and have become embedded in the city's culture. Popular local beer brands are:
  - o **Star** (lager beer)
  - o **Gulder** (lager beer)
  - o **Goldberg** (lager beer)
  - o **Trophy** (lager beer)

New spots open up in Lagos daily, so follow @foodieinlagos on Instagram for the latest trends and reviews.



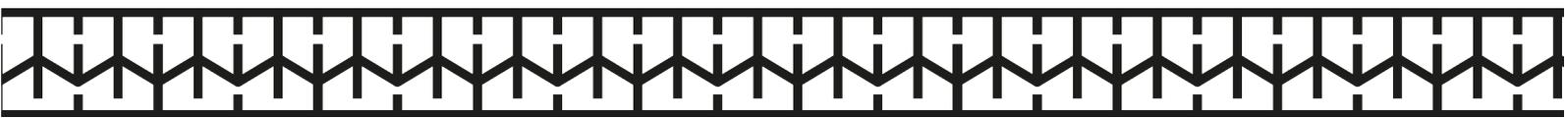
## Fashion

Lagos is synonymous to fashion, as it is almost impossible to be overdressed at any event. Perception and image are quite important in this society; thus it is quite common to find people *dressed to the nines* at every occasion – weddings, churches, gyms, cinemas, fashion shows, parties. As Lagosians say “*never to be caught unfresh*”, which means you must dress the part at all times

Local designers have become quite popular, contributing to the heightened sense of fashion in the city. There are lots of locals changing the game, redefining the scene and boosting the local economy through their varied product offering. Showrooms are easily accessible, whilst online transactions and deliveries have gained a lot of traction in the last decade. The implication of this is that if you don't have a ready wardrobe for these Lagos streets, have no fear, for there are many options to choose from. I can recommend a few:

- **Aeymoda**: Versatile ready to wear *adire* pieces.
- **Andrew Tabitha**: Trendy aso oke outfits
- **Imad Eduso**: For dressy outfits
- **Jade by Melia**: Versatile ready to wear pieces.
- **MOT the label**: Trendy RTW outfits
- **Lady Biba**: Formal outfits for boss babes
- **Ibilola Ogundipe**: Trendy RTW outfits
- **Ziva Lagos**: Affordable, trendy RTW outfits
- **Zephans and co**: Trendy RTW outfits
- **Banke Kuku**
- **Wannifuga**
- **Adey Soile**
- For all male outfits, particularly the popular native attire (most men wear this casually and formally), reach out to Kuartz styling company (@kuartz\_ on Instagram)

*These are a few, but feel free to scout Instagram for more options.*



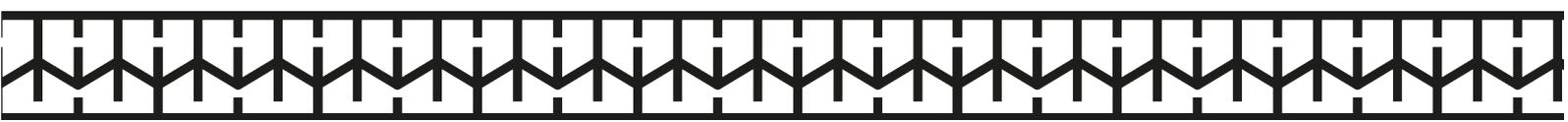


### Lagos weddings

Lagos weddings have truly become a phenomenon of their own. Its fame has spread far and wide, with lots of inter-racial couples eager to partake in these exciting, cultural activities! Nollywood (Nigeria's vibrant film industry) has showcased some of these through movies like *The wedding party* which tells the story behind some of these dynamics events

If you have the opportunity, it's worth attending one as the fashion, culture, tradition, food and music make for an excellent time. The weddings tend to be in **two parts**; the traditional wedding paying homage to our local, traditional and cultural marriage ceremonies. These were the only wedding ceremonies back in the day and are seen as customary; they have since been modernized (some might say commercialized) but still preserve and celebrate our beautiful and rich culture. The second part is the white wedding, which is the more Western style of marriage, often times involving a church ceremony (or Nikkah for muslims) and a reception/party

It is quite common for intended couples to plan weddings in December as lots of Nigerians in the diaspora tend to visit Lagos then. The weddings involve a lot of dancing, food, and overall celebration.



## Lagos nightlife

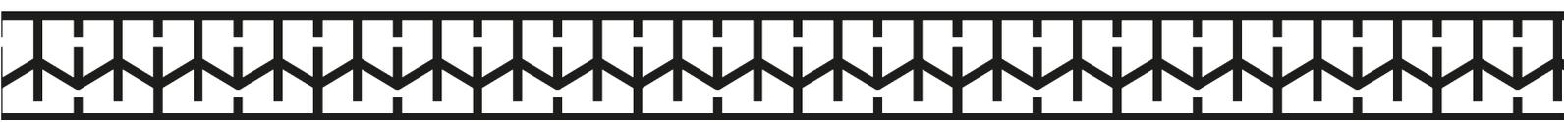
In the words of Banky W, “*ain’t no party like a Lagos party*” which makes absolute sense because Lagos is truly one of a kind. The nightlife is a huge part of the city’s appeal and energy with clubs, restaurants, bars completely full in certain seasons, particularly December.

If you’re planning a trip in December, expect the crowds as there will be lots of holiday makers looking to explore the latest and most trendy spots. Popular artistes like Davido, Wizkid, Burnaboy plan their concerts around this time making it a huge part of the December scene.

Christmas time in Lagos, popularly referred to as *Detty December*, has become a global event as it hosts the best of Lagos – fun, food, family, celebrations and nightlife. It’s a season that welcomes lots of visitors to the city, contributing a lot to the economy. It is said to be the best to visit, due to its festive nature which makes residents and tourists alike, forget their problems and have a good time!

A few things to note, if you’re not familiar and keen to explore

- **Plan ahead:** This might sound ironic in a place like Lagos because it is quite common to start the night in one spot and end up somewhere completely unplanned or unrelated, however, please plan where possible. Find out about the bars, clubs you’d like to visit, e.g. what does access require, is it free for all or only for women? What is security like? How much does table service cost and can that be reserved ahead of time to avoid disappointment? How much do drinks cost? Is there free parking, valet parking or will that be an issue?
- **Understand the local scene:** It is typical to have local guys (popular known as area boys) surround these venues during their peak periods. They might offer to “assist” you with parking for a fee, as well as safeguard your vehicle. Be mindful of these, and if you don’t feel comfortable interacting with them, opt to go with a driver/security who understand the terrain or take a taxi.
- **Dress the part:** This might go without saying, but oftentimes the way you’re addressed plays a huge part in the way you might be addressed. Some places may deny entry if they deem dressing to be inappropriate.
- **Access:** if you’re going for one of the concerts (in December or otherwise), be sure to buy tickets ahead and note the class of tickets. This is quite important, as there is a wide disparity in experience between the various classes. The most expensive tickets tend to be front row table seats with premium views, service and experience, whilst the cheapest are likely to be the regular tickets which could vary depending on the venue. Check all these details, to ensure you manage your expectations.



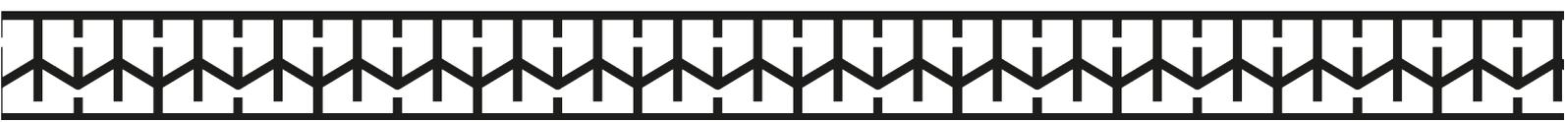
## Navigating the airport

The main international airport is the Murtala Mohammed International Airport in Ikeja, Lagos. All international flights in and from Lagos are via this airport, so you can expect it to be very busy particular during festive seasons.

**Arriving:** If you are entering the country with a Nigerian passport, the protocol will be quite like most other passengers on board.

- **Disembarking:** After disembarking the aircraft with your belongings, you will be directed to immigration. During the covid pandemic, there were additional checks to ensure that the necessary documentation and pre- testing required to access the country are in order.
- **Immigration:** At immigration, your passport will be checked and stamped to confirm the date and port of entry. During busy seasons, the queues can be quite long, thereby stretching the process (please prepare for this)
- **Baggage Claim:** After you have been cleared into the country at immigration, next is baggage claim. The baggage claim hall has about two or three carousels, and there will be officials who can give information on where to expect your luggage.
- **Trolley Service:** Assisted trolley service is available at a fee and official receipts are issued (please request this). Trolleys are available for self-service at a fee, and tickets can be purchased at a small kiosk in the back area of the baggage claim hall.
- **Customs:** Once you have claimed your luggage, the next step is to exit the airport via customs. It's not uncommon for them to perform random checks and ask general questions about the content of your bags. Be sure to avoid bringing in prohibited items, as these are likely to cause disruptions to your journey.
- **Baggage tags:** After possible custom checks, and right before exiting the restricted area (i.e. for passengers and officials), baggage tags are often checked and verified to ensure the right luggage is taken out of the airport. It's important to keep the baggage tag you received at check-in to present at this point of exit
- **Ground Transportation:** Once you have exited the restricted area, you have officially entered Lagos and can meet your family, loved ones or whoever is there to receive you. If you are organizing your own transport, note that cars are mandated to park at the airport car park which is a few minutes' walk from the airport exit. Cars are allowed to drive to the arrivals area for pick-ups (i.e. short stays only). It's advisable to meet your host/driver upon exit and then wait for your vehicles at the pick-up zone

If you're getting an uber, you can either walk to the car park via the walkway to meet the driver or organize for pick up at the designated zone, once you have exited the airport



- **Wi-Fi/Mobile data:** Airport wi-fi services are not available at the airport, so consider getting an e-sim or roaming your phone line to ensure you can reach your local contacts once you have arrived. Getting a sim card requires registration at designated centres (accessible at major shopping malls), so e-sim cards are a good option for short trips

If you're arriving the country with a foreign passport, the process is the same with the exception of a shorter immigration queue, where officials will check your visa information, and other required documentation

Arrivals from yellow fever prone countries may require you to present evidence of vaccination against yellow fever (i.e. yellow fever card), regardless of the passport you hold

There are some companies that offer airport protocol and pick up services for a fee. They have special airport access and will help ensure a seamless arrival if any of the above sounds daunting.

**Departing:** Leaving Lagos internationally follows similar process as the arrivals. There is a drop off zone at the departure lounge where vehicles can momentarily drop passengers off and is typically manned by law enforcement.

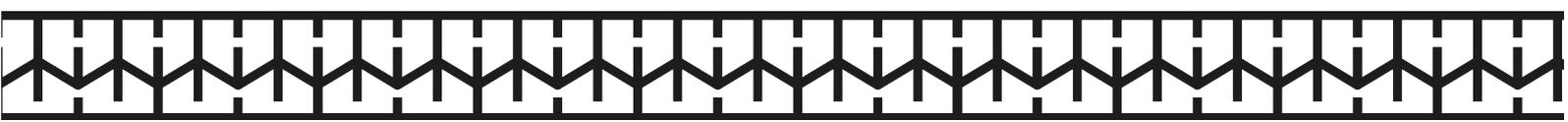
Upon entry to the airport, all bags are scanned and sometimes searched by customs (I believe this is randomly selected). It's important to pay attention if your bags are being searched and answer any questions the officials might have. This process should not take long if you have no prohibited items in your luggage (please check these lists depending on your destination)

Once you have been cleared, make your way to your airline's check in counter to begin the check in process. The airport can be very busy, so pay attention and always keep your belongings with you. Ensure that those handling your passport and travel documents are verified officials designated by the airline to do so.

After successfully checking in, you will need to fill an immigration form (yellow card, handed to you at check-in) if you are travelling with a Nigerian passport. This will be requested at the immigration desk when officially exiting the country.

At immigration, your passport will be checked and duly stamped to confirm your exit and returned to you. Once you have all your documents back, make your way through security and the necessary protocols (screening machines, metal detectors, customs, etc.). After security checks have been completed, head over to the departure lounge (if applicable) or your designated boarding gate

Airport services: **Shepherd Hill Security** (@shepherdhill\_security on Instagram)



### Cash/card payments

Nigeria has made a lot of strides towards becoming a cashless society, however cash transactions are still quite popular. It's advisable to have some cash with you, as network interruptions can disrupt cashless transactions sometimes.

If you do not have a local bank account, your brick-and-mortar bank cards issued by overseas banks may not work at POS in local stores (consider informing your bank about your trip if this is your only option). Digital banks like *Monzo*, *Revolut* tend to fare better due to the additional flexibility, and card transactions are likely to be more successful.

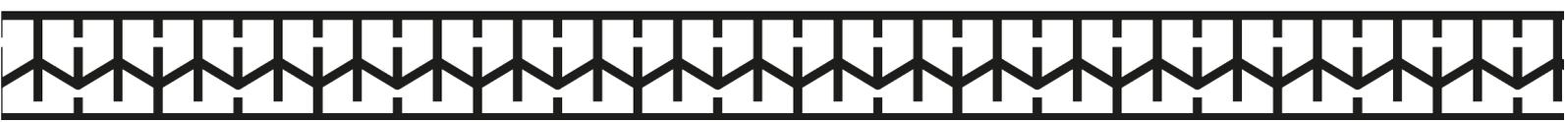
If you are unable to withdraw cash from the ATMs of local major banks, hotels will change major currencies like USD, GBP, Euros to Naira for you. The rates may not be the best, so consider changing some money at your local *Travellex* or *bureau de change* before arriving in Lagos.

Apps like **Lemfi** offer currency changing services via their application. Proof of ID is required to open an account, for funding to a digital wallet from which monies can be converted to Naira and paid into a local, Nigerian bank account. Please note that you will need to have access to said local bank account to access the money.

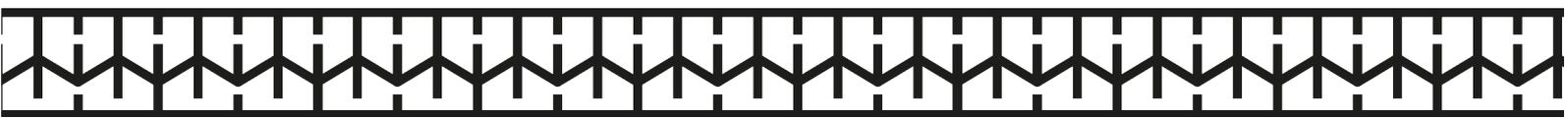
### Churches

If you are a person of faith or curious about church and/or God, consider visiting a church while in Lagos. Religion and culture tend to be intertwined in the Nigerian society, and there are a variety of churches to choose from. The popular ones are quite busy on Sundays with multiple services, so it's advisable to be there early for the best experience. Here are a few recommendations, but do check them out on Instagram

- Daystar Christian Centre, Ikeja  
[Daystar Christian Centre - raising role models. | Home](#)
- Guiding Light Assembly, Ikoyi  
[GLA Lagos \(HQ\) - Home](#)
- The Redeemed Christian Church of God (there is literally one on every other street)
- Harvesters International Christian Centre (Gbagada & Lekki)  
[Home - Harvesters International Christian Centre](#)



- Elevation Church (Ikeja & Lekki)  
[The Elevation Church - Making Greatness Common](#)
- House on the Rock, Lekki (hosts of the popular annual worship concert, *The Experience*)  
[House on the Rock – Home for all](#)
- New Heritage Baptist Church, Somolu  
[NHBC Website – Official Website of the New Heritage Baptist Church, Shomolu](#)
- Ikoyi Baptist Church, Ikoyi  
[Home | Ikoyi Baptist Church](#)
- The Covenant Nation – Yaba, Iganmu, Lekki (hosts of the popular, *WOFBEC conference*)  
[About The Covenant Nation – INSIGHTSFORLIVING](#)
- Celebration church (attracts a younger audience, will suit Gen-Z or Gen Alpha)  
[Celebration Church](#)
- The Oasis Church (pastored by the popular psalmist, *Pastor Nathaniel Bassey*)  
[The Oasis Lagos – The Pleasant Place](#)
- Fountain of life church, Ilupeju  
[Home - The Fountain Of Life Church](#)



If you are visiting Lagos in early December, you would be just in time to attend the world's largest gospel concert in the world. It happens on the first Friday in December at Tafawa Balewa Square and is popularly known as *The Experience*. It attracts gospel artists from across the globe, starting at 7pm and going on till dawn.

### Getting around

The major form of transportation is road. There is a light rail network within some limited routes, as well as a water network connecting certain ends of the city, however the road transport is the primary means of moving around.

### Uber

Uber is fully functional in Lagos and is easily accessible via the app. Cash and card payment options are applicable, with lots of drivers preferring the cash option because of the immediate liquidity. Keep this in mind, and plan to have cash for added flexibility.

### Hiring a car

If you're going to be in Lagos for an extended period, consider hiring a car (and driver, if you don't have a driver's licence) to give more flexibility when moving around. Travelling with children or elderly people might required the need to get a car reserved for your personal use.

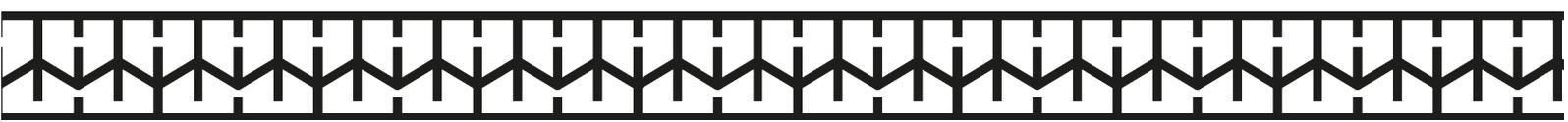
Make sure the car is in good condition, and will fare well in traffic conditions, extreme weather like heat and rain. Ensure the driver is one that is well versed with the routes and understands the terrain and local nuances.

### Where to stay

It's quite common for people to stay with family and friends when visiting, as that gives the added benefit of being guided by locals who know the ins and outs of the city. If this isn't the case for you, there are lots of hotels available including popular chains like *Sheraton*, *Radisson Blu* and *Marriott*. Airbnb's and short let apartments have become increasingly common and acceptable to holiday makers, due to the added flexibility particularly if travelling with children.

Check out these websites for shortlet apartments, in your desired neighbourhoods.

**Airbnb:** [www.airbnb.com](http://www.airbnb.com)



**Spleet:** [Spleet](#) | [Easier living solutions in Africa](#) | [Spleet Africa](#)

**Booking.com** [Booking.com](#) | [Official site](#) | [The best hotels, flights, car rentals & accommodations](#)

### **Cinemas**

There are about three main brands that operate most of the cinemas across the city – Genesis Deluxe, Silverbird cinemas and Filmhouse/IMAX. They have cinemas scattered across town and there is likely to be one in close enough proximity to most locations. Check their websites to find the closest one to you and the movies currently showing. A more recent addition is the Ebony Life cinemas located in VI

Tickets can be purchased online or over the counter

[Genesis Cinemas: cinema-movie Theatres in Nigeria Near Me!](#)

[Silverbird Cinemas – Silverbird Cinemas](#)

[www.filmhouseng.com](http://www.filmhouseng.com)

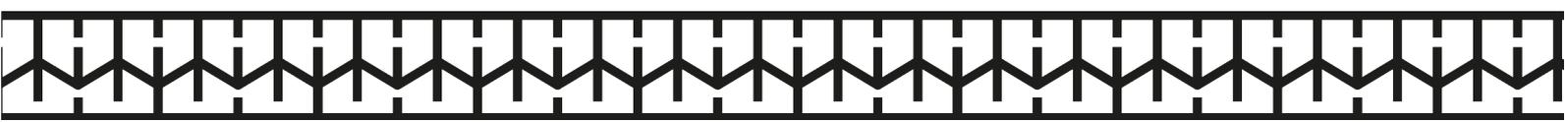
IMAX Lekki (this is considered the premium of the cinemas in this chain)

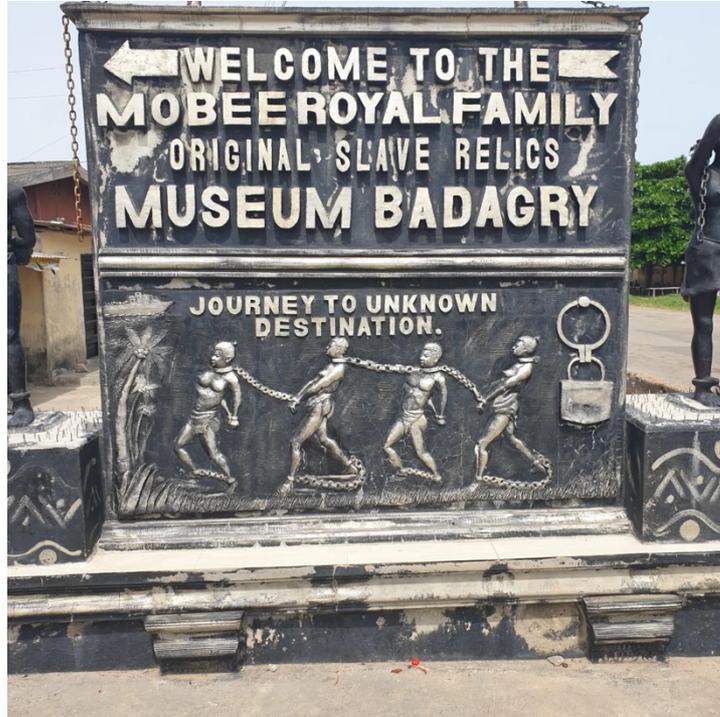
<https://ebonylifecinemas.com/>

### **Places to visit/Places of Interest**

- Lekki conservation centre
- Nike Art Gallery
- National Stadium, Surulere
- National Theatre, Iganmu
- Balogun Market, Lagos Island
- Slave museum, Badagry

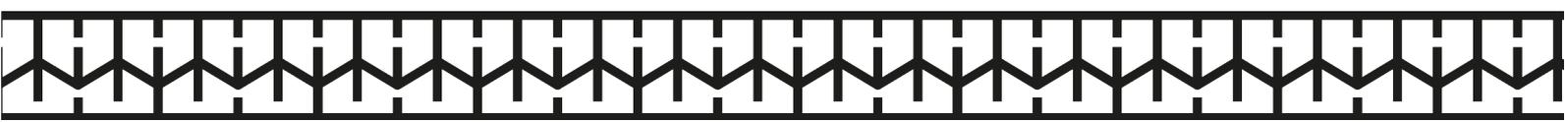
If you would like a curated plan to be created for your stay, check out @socialprefect and @dandptravels on Instagram. They are local tour companies that provide these services.





### Staycation Ideas

- **Lakowe lakes:** For a quick getaway within the city filled with peace, tranquility and possibly golf, this is a great option.  
*Website:* [Home – Lakowe Lakes Golf & Country Estate](#)
- **Sail Harbour, Badagry:** For a taste of nature and a chance to explore the historically relevant town of Badagry, a visit to Sail Harbour is a must!  
*Website:* [Sail harbour](#)
- **Epe resort:** Discover the enchanting village of Epe, popular for the Epe river/fishing village and mangroves  
*Website:* [Epe Resort and Spa](#)
- **IITA, Ibadan:** This will require a road trip or 2-hour train ride to Ibadan to explore the beautiful grounds of the International Institute of Tropical Agriculture.  
*Website:* [www.iita.org](#)





- **Olumo rock:** Visit this unique treasure tucked away in the city of Abeokuta, Ogun State (neighbouring state to Lagos)  
*Website:* [www.olumorock.ng](http://www.olumorock.ng)



### **Safety/security**

As is the case in any major city, it's important to stay alert. It's common for foreigners and non-locals to be the target of petty theft, etc. Stay alert, plan your trips and do your research before frequenting certain areas, particularly with children.

If you can, avoid keeping unnecessarily late nights, keep valuables out of sight when in traffic (phones, iPads, cash, flashy jewellery that can attract attention). Always pay attention to your surroundings, if you notice strange activity or attention from suspicious looking individuals then do vacate the area

### **Beaches**

Lagos is a coastal city and is home to lots of nice beaches and beach resorts.



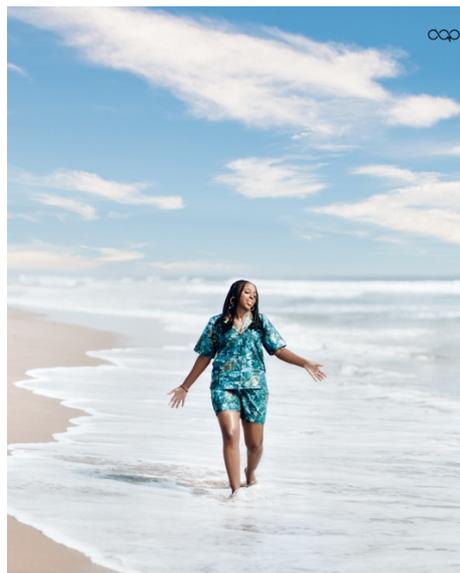
For the best experience, beach resorts are the recommended option. You could choose to spend the night, rent out the space for your group or just enjoy the facilities alongside other beach lovers

There are a few beach resorts along the Snake Island strip (the strip is shaped like a snake! Don't worry there are no snakes at the resorts 😊) which are very nice, well maintained, and accessible via a 20minute boat ride from the Ikoyi/Victoria Island/Lekki axis.

- Sencillo Lagos
- Inagbe beach resort
- Ilashe beach resort

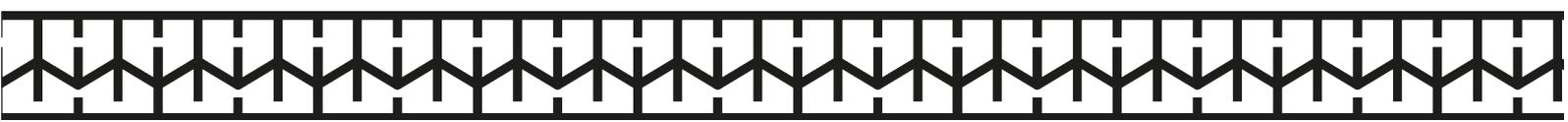
There are also some beach resorts off the Lekki-Epe expressway, which require further road travel and offer a nice experience.

- Jara beach resort
- Ziba beach resort



### Traffic

Lagos traffic is truly legendary with very few countries being able to stand in comparison. With the hike in fuel prices due to the removal of subsidies, the population of cars on the roads has reduced which has





positively impacted traffic. It's advisable to plan extra time for your journey, because road accidents, heavy rainfall and road closures can add significant amounts of time to your commute.

### Spas

If you're in need of some TLC (i.e. tender loving care), relaxation and pampering, most major hotels have partnered with spas to offer this service. However, do feel free to check out

- **Oriki spa**, which has a few locations across town for a relaxing experience.
- **Pamperplum spa**, Lekki

### Gyms

There are lots of gyms across town, however **i-Fitness** is a popular chain with lots of locations across the city. Check out their website as there is likely to be one located close to you, which you can use during your stay

[\(Home - i-Fitness Gym & Wellness Centres\)](#)

Other options are:

- Bodyline (Ikoyi & Lekki): <https://bodylinegym.com.ng/>
- Bigym (Yaba): <https://benfitgym.com/>

### Salons

It wouldn't be a trip to Lagos if you didn't take advantage of this opportunity to get your hair "*did*"

Home services are available at a fee for your fly looking braids, or in-salon services for all your hair needs and even nail services.

- Hairitage hub, Lekki
- Pamperplum, Lekki
- Kukus hair, Lekki
- Patrick's beauty zone, Ikeja
- Make me salon, Surulere
- Mobile braids (@mobilebraidsng)

