



Umrah Guide

A guide to Umrah — the rites from ihram to completion, step by step, with every dua in Arabic, transliteration, and translation, and a source for every line.

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What's inside

What Umrah is, and its four rites

Before you go: ihram, the miqat, and a packing checklist

Entering ihram and the talbiyah

Tawaf — the seven circuits, step by step

Getting onto the mataf, and which level to walk

Sa'i between as-Safa and al-Marwah

Completion: Zamzam, and shaving or shortening

Common mistakes to avoid

Common questions: menstruation, repeating Umrah, and doing it for someone else

Umrah is often called the "lesser pilgrimage." Unlike Hajj, it can be performed at any time of year, and its rites are few. This booklet walks through them in order — with every dua fully vowelled and every line sourced.

"And complete the Hajj and Umrah for Allah."

— Quran 2:196

What Umrah is

Umrah consists of four rites, performed in order: entering **ihram** (the state of consecration), **tawaf** (circling the Ka'bah seven times), **sa'i** (walking seven times between the hills of as-Safa and al-Marwah), and finally **shaving or shortening** the hair to leave ihram.

Before you go

Ihram is entered at or before a fixed boundary called the **miqat**. Once in ihram, a pilgrim refrains from cutting hair or nails, using perfume, hunting game, and marital relations. Men wear two unstitched white cloths and leave the head bare; women wear ordinary modest clothing.

Pack before the miqat

- ☐ Ihram garments (two white cloths for men)
- ☐ Unscented soap and toiletries
- ☐ Comfortable sandals that leave the ankle bare
- ☐ A small bag for your shoes during tawaf
- ☐ This booklet, and a bottle for Zamzam

Entering ihram

1

Make your intention at the miqat

Perform ghusl or wudu, put on the ihram garments, and form the intention for Umrah as you reach the miqat.

2

Begin the talbiyah

From the moment you enter ihram, recite the talbiyah often — aloud for men, quietly for women — until you reach the Ka'bah to begin tawaf.

IHRAM

The Talbiyah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ، لَا شَرِيكَ لَكَ

Labbayka llāhumma labbayk, labbayka lā sharīka laka labbayk, inna l-ḥamda wa-n-ni'mata laka wa-l-mulk, lā sharīka lak

Here I am, O Allah, here I am. Here I am — You have no partner — here I am. Truly, all praise, favour, and sovereignty are Yours. You have no partner.

Sahih al-Bukhari 1549 · Sahih

ENTERING THE HARAM

Entering the mosque

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allāhumma-ftaḥ lī abwāba raḥmatik

O Allah, open for me the gates of Your mercy.

Step in with the right foot.

Sahih Muslim 713 · Sahih

Tawaf

Tawaf is seven circuits around the Ka'bah, beginning and ending at the Black Stone, keeping the Ka'bah on your left.

1

Start at the Black Stone

Face the Black Stone, and if you can reach it without crowding, touch or kiss it; otherwise point toward it from a distance and say the takbir.

EACH CIRCUIT

At the Black Stone

اللَّهُ أَكْبَرُ

Allāhu akbar

Allah is Most Great.

Said at the start of each of the seven circuits.

Sahih al-Bukhari 1613 · Sahih

2

Circle seven times

Walk seven circuits, keeping the Ka'bah on your left. There is no required dua — recite Qur'an, make dhikr, or supplicate in your own words.

BETWEEN THE CORNERS

Between the Yamani corner and the Black Stone

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbanā ātinā fi-d-dunyā ḥasanah wa fi-l-ākhirati ḥasanah wa qinā 'adhāba-n-nār

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Sunan Abi Dawud 1892 · Hasan

3

Pray two rak'ahs at the Station of Ibrahim

After the seventh circuit, pray two short rak'ahs behind the Maqam Ibrahim if you can, or anywhere in the mosque.

AFTER TAWAF

The Station of Ibrahim

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

Wa-ttakhidhū mim-maqāmi Ibrāhīma muṣallā

And take the standing place of Abraham as a place of prayer.

Quran 2:125

ZAMZAM

Drinking Zamzam

مَاءٌ زَمَزَمَ لِمَا شَرِبَ لَهُ

Mā'u zamzama limā shuriba lah

The water of Zamzam is for whatever it is drunk for.

Drink your fill, and ask Allah for what you need.

Sunan Ibn Majah 3062 · Hasan

Getting onto the mataf

The **mataf** is the open marble floor immediately around the Ka'bah. During busy periods it is reserved for pilgrims in ihram, so that those actually performing Umrah can circle without the crowd thickening around them.

An Umrah permit through the **Nusuk** app, with its electronic entry code, is required. Book it before you travel.

FROM MY OWN UMRAH — AHAMED, 2024 AND 2025

On both my visits nobody actually checked my permit at the gate. I would not count on that. The rules tightened for the 2026 season, and being turned away in ihram, with your group already inside, is not a risk worth taking to save ten minutes on an app.

*The gates I have used to reach the mataf are **King Abdulaziz**, **King Fahd**, and **Bab Umrah** — but gates are renumbered as the expansion works continue, and which ones are open to the mataf changes with the crowd. Treat the names as landmarks, not instructions: follow the signage and the staff on the day, and take the entrance they point you to.*

Which level to walk

Tawaf is valid on the upper floors as well as at ground level. What matters is that your circuits stay inside the mosque; being higher than the Ka'bah is not itself an objection.

FROM MY OWN UMRAH — AHAMED, 2024 AND 2025

Choose the level for your legs, not your pride. A circuit on the mataf is roughly 145 metres; on the first floor it is nearer 280–300, and on the roof around 400. Seven circuits upstairs is close to three times the walk — a real consideration in the heat, or with children, or at the end of a long travel day.

The trade is space. The upper levels are far calmer, and if crowds unsettle you they are worth the extra distance. There are wheelchair-accessible routes on the upper floors, free wheelchairs available from the General Presidency near some gates, and motorised carts on a designated level — book those through the official app rather than from anyone offering in the street.

Sa'i

Sa'i is walking seven times between the hills of **as-Safa** and **al-Marwah**, beginning at as-Safa.

1

Begin at as-Safa

Climb toward as-Safa, face the Ka'bah, and recite the verse of the two hills before you begin.

APPROACHING AS-SAFA

The symbols of Allah

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ — أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Inna-ṣ-ṣafā wa-l-marwata min sha'ā'iri-llāh — abda'u bimā bada'a-llāhu bih

Indeed, as-Safa and al-Marwah are among the symbols of Allah. — I begin with what Allah began with.

Sahih Muslim 1218 · Sahih

2

Walk seven lengths

Walk to al-Marwah, then back — each length counts as one. Men jog lightly between the green markers; there is no fixed dua, so make your own between the dhikr.

ON AS-SAFA & AL-MARWAH

The dhikr of the mounts

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illa-llāhu waḥdahu lā sharīka lah, lahu-l-mulku wa lahu-l-ḥamdu wa huwa 'alā kulli shay'in qadīr

There is no god but Allah alone, without partner. His is the dominion and His is the praise, and He is able to do all things.

Said three times facing the qiblah on each hill, with your own dua in between.

Sahih Muslim 1218 · Sahih

FROM MY OWN UMRAH — AHAMED, 2024 AND 2025

The Mas'aa — the corridor between the two hills — runs over several levels, with a rooftop deck opened when it gets busy. The upper levels are quieter and cooler, and there are lanes set aside for wheelchairs.

Sa'i takes most people longer than they expect: seven lengths is a little over three kilometres. If you are going straight from tawaf, drink first.

Completion

1

Shave or shorten

After the seventh length, men shave the head or shorten the hair all over; women trim a fingertip's length. With this, Umrah is complete and ihram is lifted.

COMPLETION

For those who shave

اللَّهُمَّ ارْحَمْ الْمُحَلِّقِينَ

Allāhumma-rḥami-l-muḥalliḳīn

O Allah, have mercy on those who shave their heads.

The Prophet ﷺ prayed this three times for those who shaved, and once for those who shortened.

Sahih al-Bukhari 1727 · Sahih

FROM MY OWN UMRAH — AHAMED, 2024 AND 2025

For the haircut, there are official stalls just outside the Marwa-side exit — they were newly built when I last went, and had not been there the year before. There are also barbers in Makkah Tower and through the surrounding shopping complexes, which are usually quieter than the ones nearest the Haram.

*Wherever you go, **ask for a fresh disposable blade to be opened in front of you.** A reused blade is how blood-borne infection spreads, and no barber will object to being asked.*

Common mistakes

- **Inventing a dua for each circuit.** No specific dua is required for tawaf or sa'i beyond what is reported; supplicate freely.
- **Crowding the Black Stone.** Touching it is a sunnah, not a duty — pointing from afar is enough, and harming others to reach it is not permitted.
- **Starting sa'i at al-Marwah.** Sa'i begins at as-Safa: "I begin with what Allah began with."
- **Breaking ihram rules unknowingly.** Avoid perfume, cutting hair or nails, and covering the head (for men) until you have shortened or shaved.
- **Waiting to enter ihram until landing.** If you fly in, your flight path crosses a designated miqat boundary in the air — enter ihram before or as you pass it, not after you land.

Common questions

What if my period starts?

Menstruation does not stop your Umrah — it changes only one thing. Enter ihram at the miqat as planned and perform every rite as normal, but do not circle the Ka'bah

until your period ends and you have done ghusl. Once pure, complete tawaf and sa'i as usual.

Can I perform Umrah more than once?

Yes — there is no limit on how many times it may be performed, and each is a fresh chance to seek forgiveness.

"Umrah is an expiation for the sins committed between it and the previous one, and Hajj Mabruur has no reward but Paradise."

— Sahih al-Bukhari 1773, Sahih Muslim 1349a, Riyad as-Salihin 1275

Can I do Umrah on behalf of someone who has died, or who can't travel?

Yes. Umrah may be performed for a deceased relative, or for someone alive but permanently unable to travel through old age or chronic illness: complete your own Umrah first, then travel to a nearby boundary such as at-Tan'im to enter ihram again on their behalf. It rests on the same principle behind performing Hajj for a parent who has passed away:

"Perform Hajj on her behalf. Had there been a debt on your mother, would you have paid it or not? So pay Allah's debt, as He has more right to be paid."

— Sahih al-Bukhari 1852

What if I can't walk the full distance?

Illness, age, or a disability are not a barrier. Tawaf and sa'i may both be performed while being carried or in a wheelchair, keeping to the outer lanes so as not to obstruct pilgrims on foot.

"Perform the tawaf while riding, behind the people."

— instruction given to Umm Salamah, who was unwell (Sahih al-Bukhari 1619, Sahih Muslim 1276)

Is there anything special about Umrah in Ramadan?

Yes. The Prophet once told a woman who had missed Hajj that an Umrah performed during Ramadan carries the same reward as Hajj. Scholars differ on whether that applies to everyone or was specific to her circumstances, but most extend the virtue to all who perform Umrah in that month — reason enough that Ramadan is the busiest time of year for Umrah.

"When Ramadan comes, go for Umrah, for Umrah in that month is equivalent to Hajj."

— Sahih al-Bukhari 1782, Sahih al-Bukhari 1863

Why do pilgrims try to touch the Black Stone?

Not because the stone itself has any power — only because the Prophet did it. Umar ibn al-Khattab said as much aloud while kissing it, so that no one would mistake the act for reverence of the stone itself. That is why it is a sunnah to imitate, not a duty to force your way toward.

"I know that you are a stone and can neither benefit anyone nor harm anyone. Had I not seen Allah's Messenger kissing you, I would not have kissed you."

— Umar ibn al-Khattab, Sahih al-Bukhari 1597, Sahih Muslim 1270a

How do I know how busy it will be?

The General Presidency publishes live crowd levels for the tawaf and sa'i areas, and Nusuk carries the current permit rules. Check those rather than anything printed here — arrangements at the Haram change season to season, and the signage and staff on the day always override this booklet.

Can I change my ihram garments partway through?

Yes. You may change into a fresh set at any point — after a wet dream, to wash, or simply for comfort — and it does not affect your ihram at all, as long as the replacement is itself permissible ihram clothing rather than ordinary stitched garments.



Every dua and every claim in this guide is cited to the Qur'an or authentic, graded hadith.

Full sources: journeyintoislam.com/pocket-guides/umrah-guide

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