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إنجليزي ENG

# UMRAH

## A Guide for Pilgrims

Strategic partner



الهيئة العامة للآوقاف

GENERAL AUTHORITY FOR AWQAF

وزارة الحج والعمرة

MINISTRY OF HAJJ AND UMRAH



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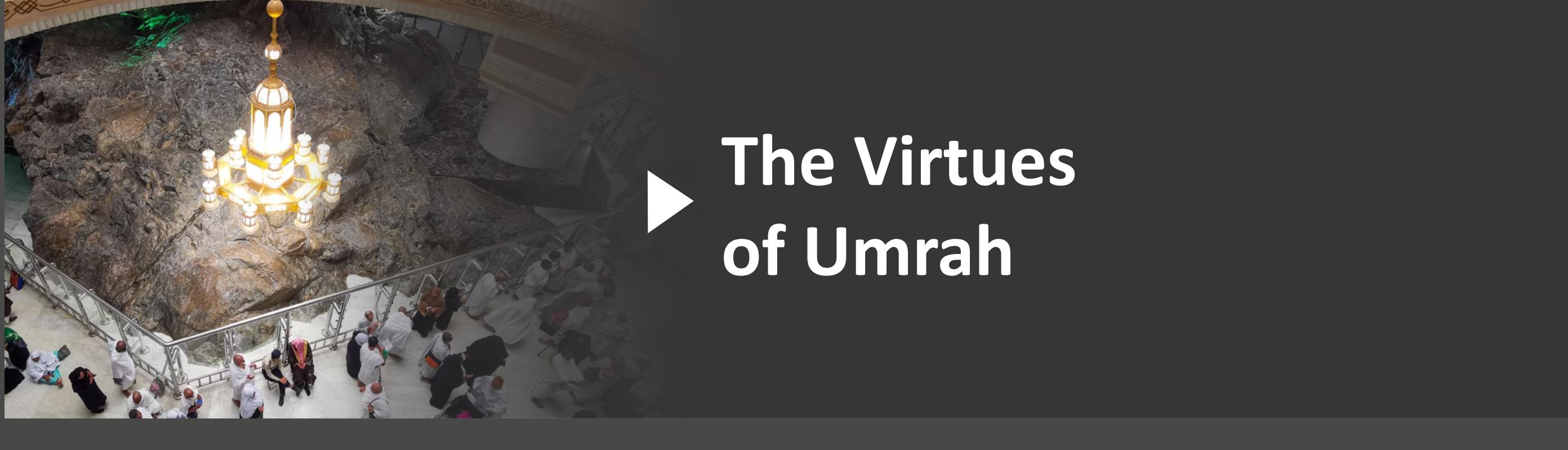


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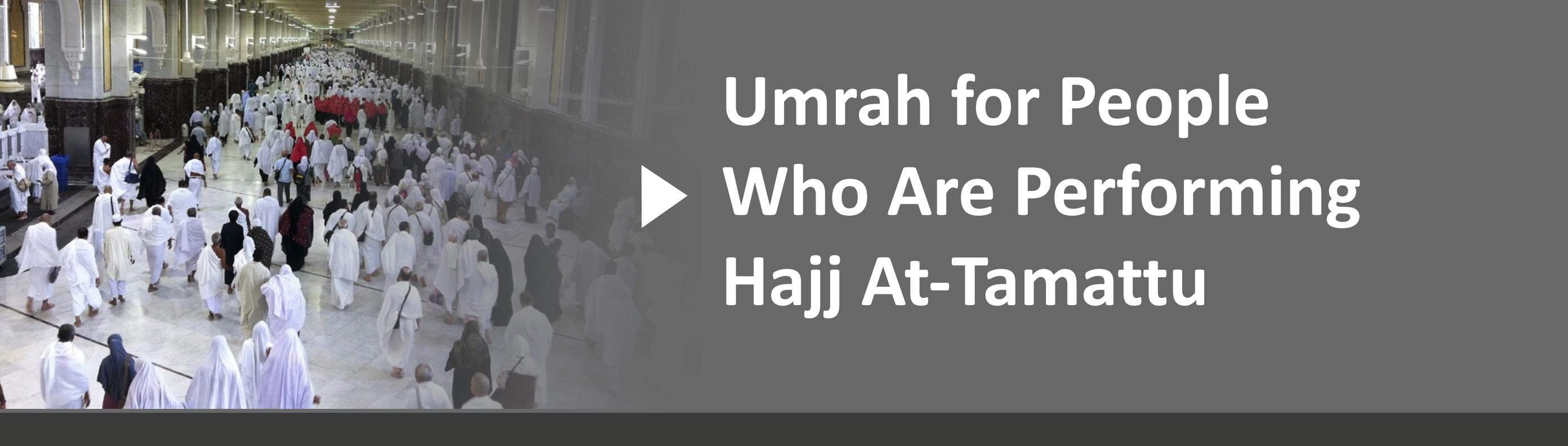
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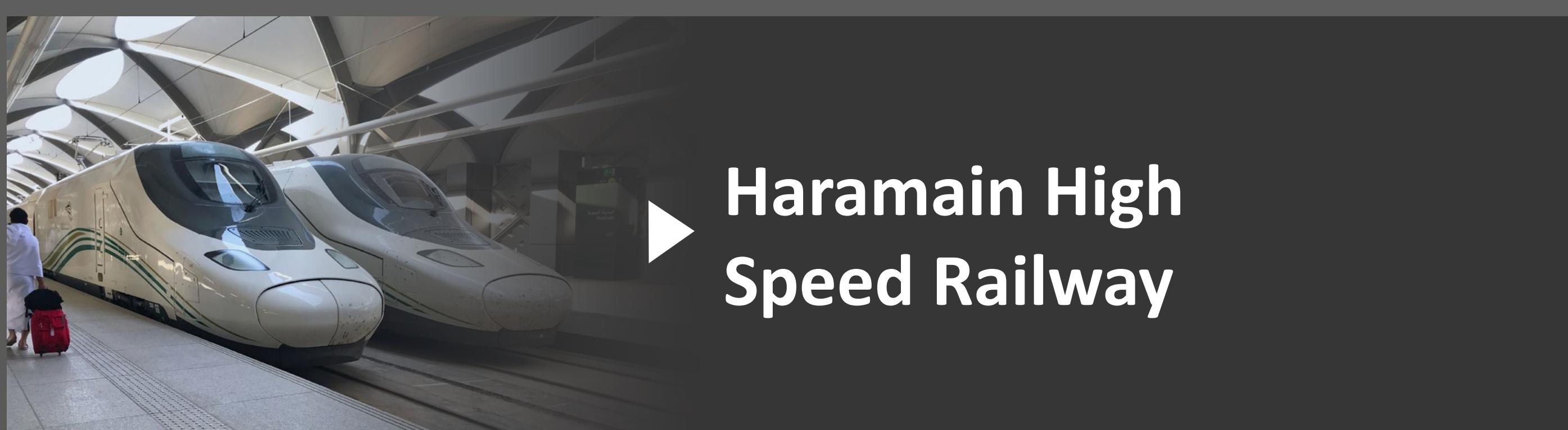


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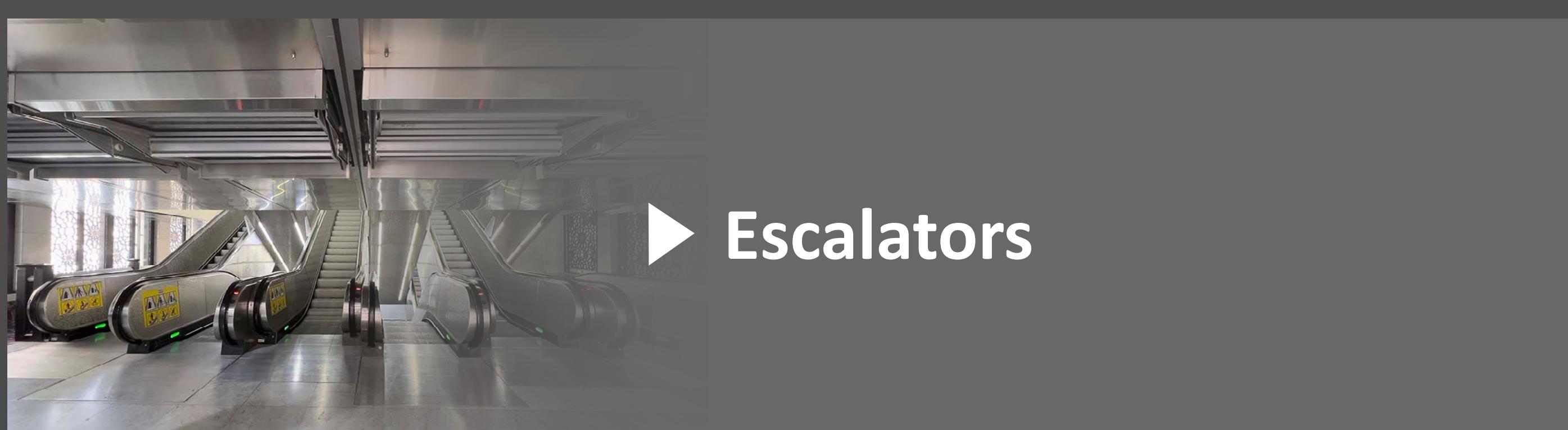
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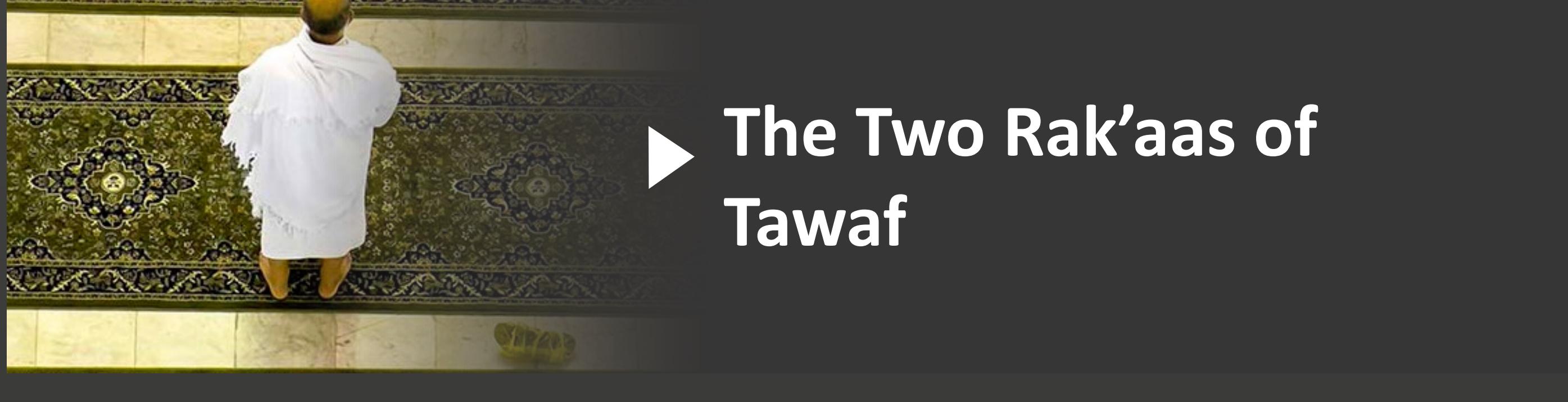
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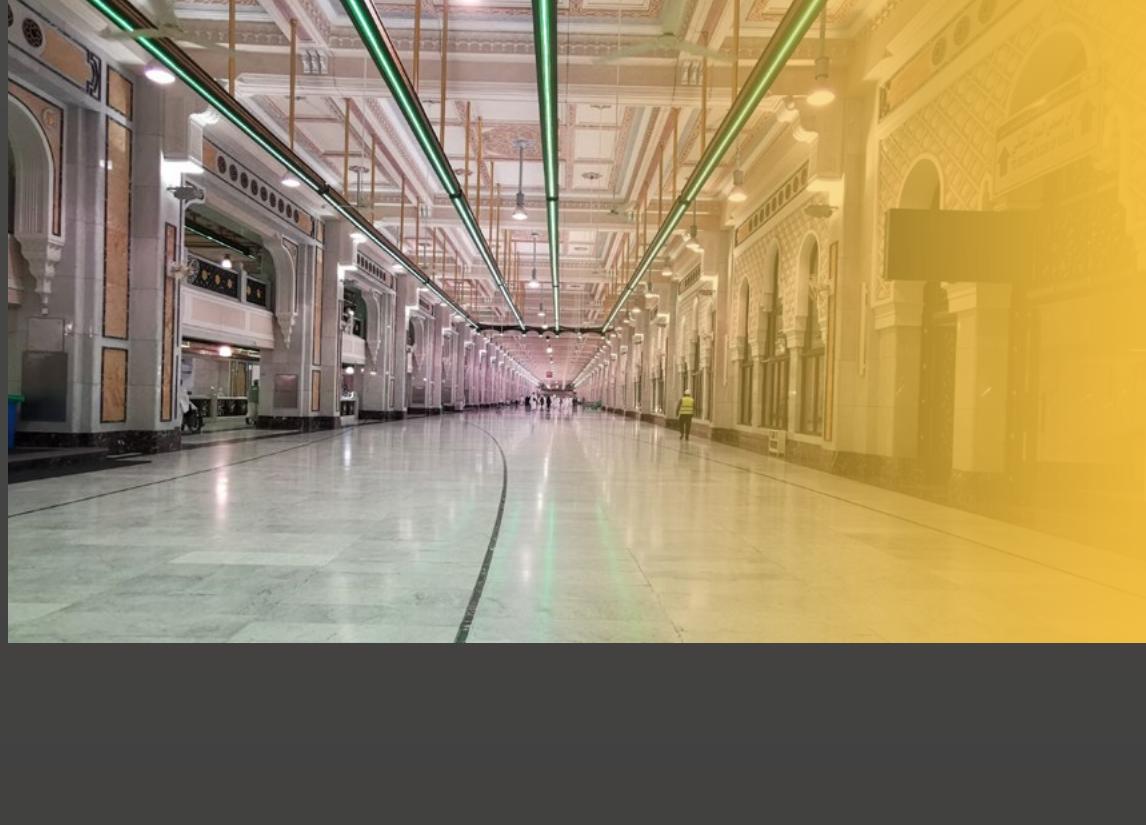
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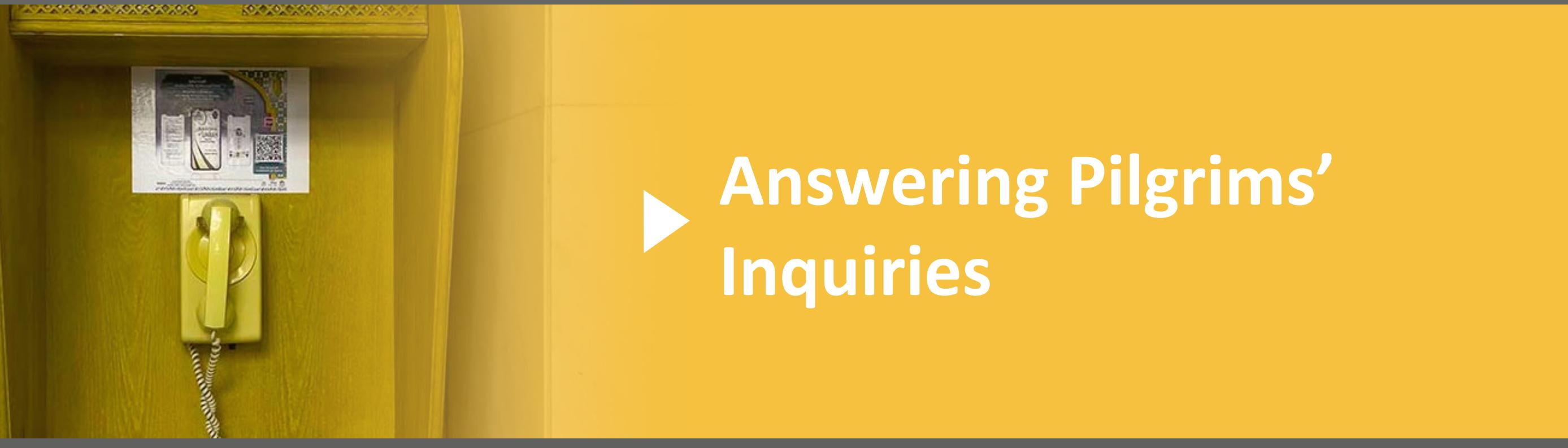


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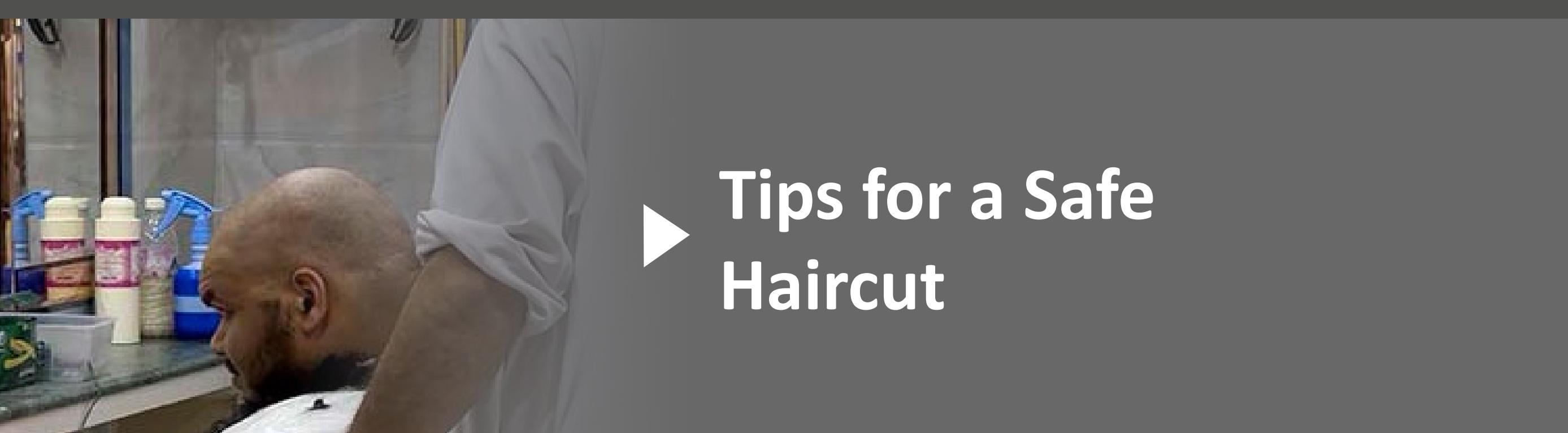
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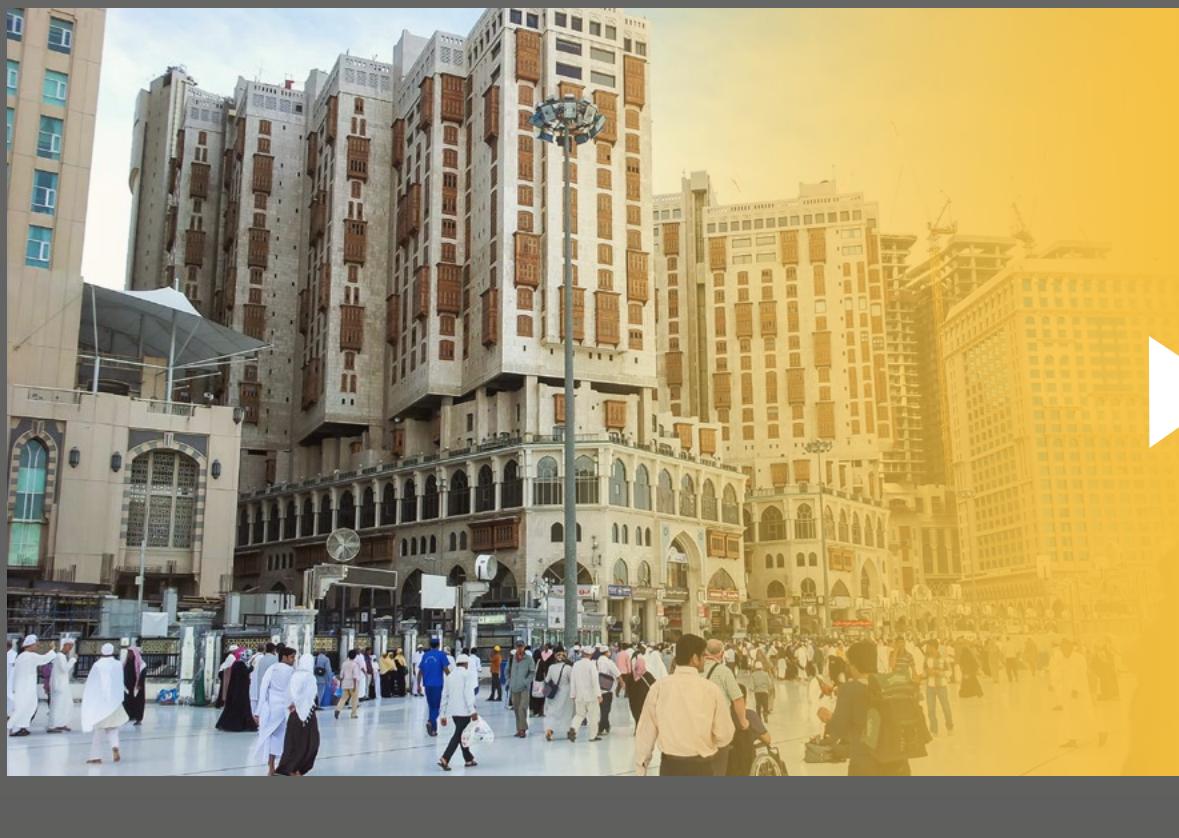


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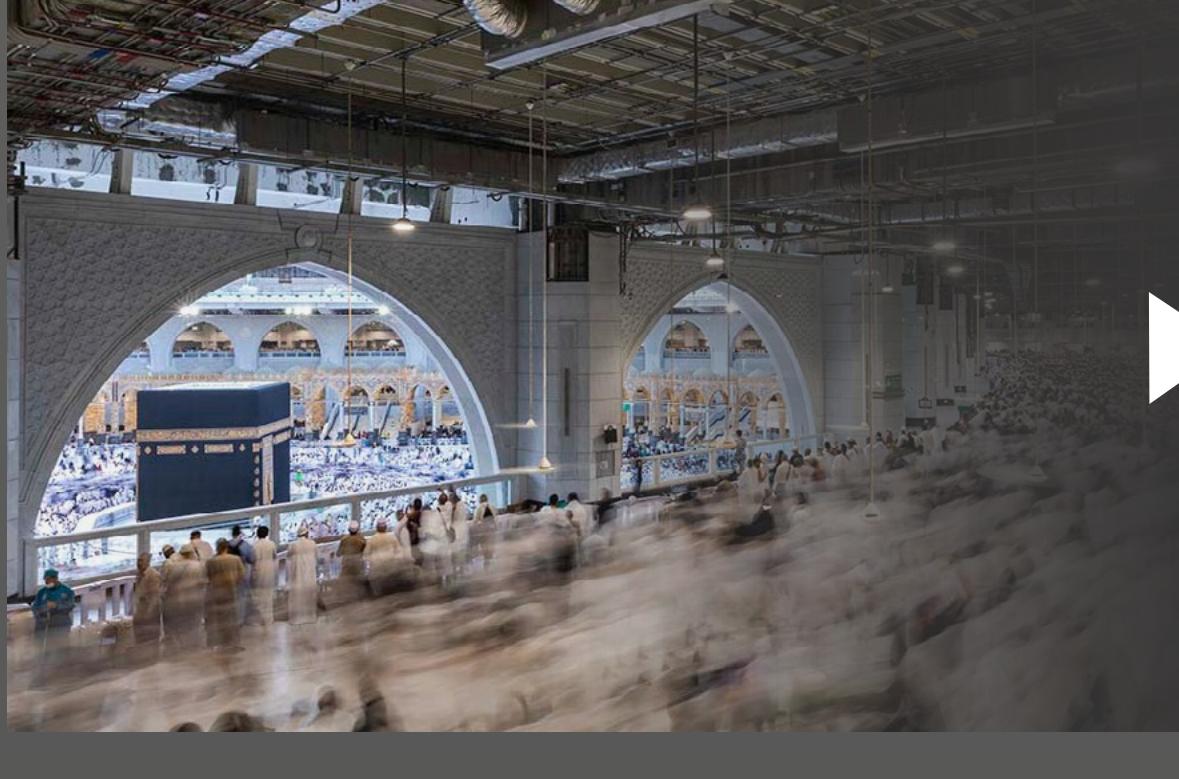


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# Umrah



**Umrah is one of the best deeds and acts** which draw you closer to Allah. When performing Umrah, the pilgrim turns toward the House of Allah with his heart, tongue, limbs, and seeks His mercy and pleasure.



In this guide, you will find the most important information, instructions, and advice you need to know during your Umrah trip.



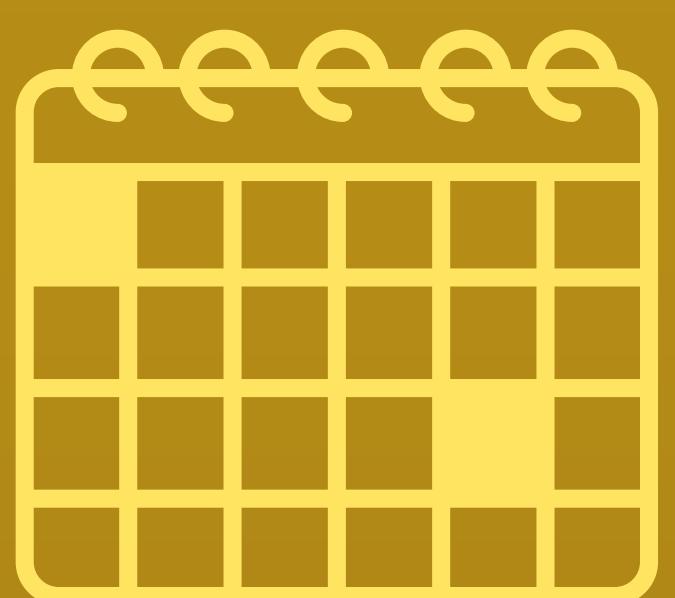
# The Virtues of Umrah



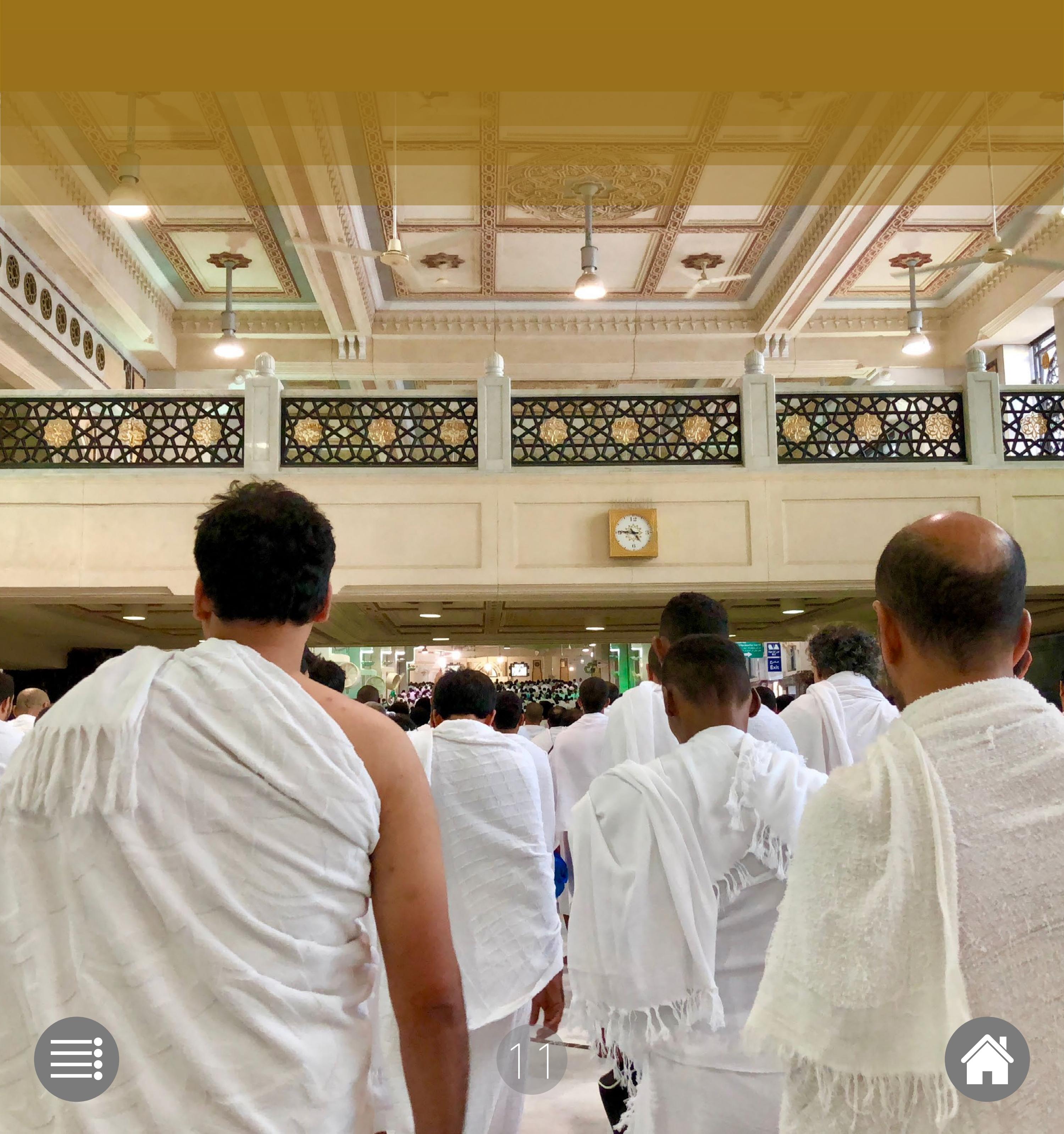
Here are some of the many virtues of Umrah:

- It cleanses sins and removes poverty and need. The Prophet ﷺ said: “Perform Hajj and Umrah consecutively; for they remove poverty and sin as the bellows removes impurity from iron.”





- Repeating Umrah expiates the sins committed between them. The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said: **“From one Umrah to the next is an expiation for what was committed between them.”**





# Umrah in a Nutshell



Umrah is an act of worshipping Allah by entering the state of Ihraam, performing Tawaf around the Ka'ba, Sa'i between Safaa and Marwa, and shaving or trimming your hair.



# 1



A Muslim enters into the state of Ihraam from the place specified for him by Islamic law, and he abstains from the prohibitions which he is prohibited from while in Ihraam.

# 2



He recites the Talbiyah, saying:

***Labbayk-Allaahumma labbayk, labbayka  
laa shareeka laka labbayk. Innal hamda  
wan-ni'matah laka wal-mulk, laa sharee-  
ka lak.***

“At Your service, Allah, at Your service. At Your service, You have no partner, at Your service. Truly all praise, favour and sovereignty is Yours. You have no partner.”



For more information concerning the Ihraam, download the Ihraam guide

[Click here](#)





# 3



He goes to the Haram, performs Tawaf around the Ka'ba seven times, with the Ka'ba his left. He begins at the Black Stone and ends at the Black Stone.

# 4

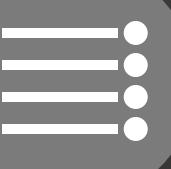


He prays two rak'aas after completion.

# 5



He heads to Safa, and from here he heads towards Marwa. If he reaches Marwa, he has completed one circuit. Then he returns to Safa to complete the second circuit, and so on, until he completes seven circuits, ending in Marwa.





**6**



Men shave or trim their hair, and women gather their hair and cut from its ends as much as a fingertip (1-2 cm).

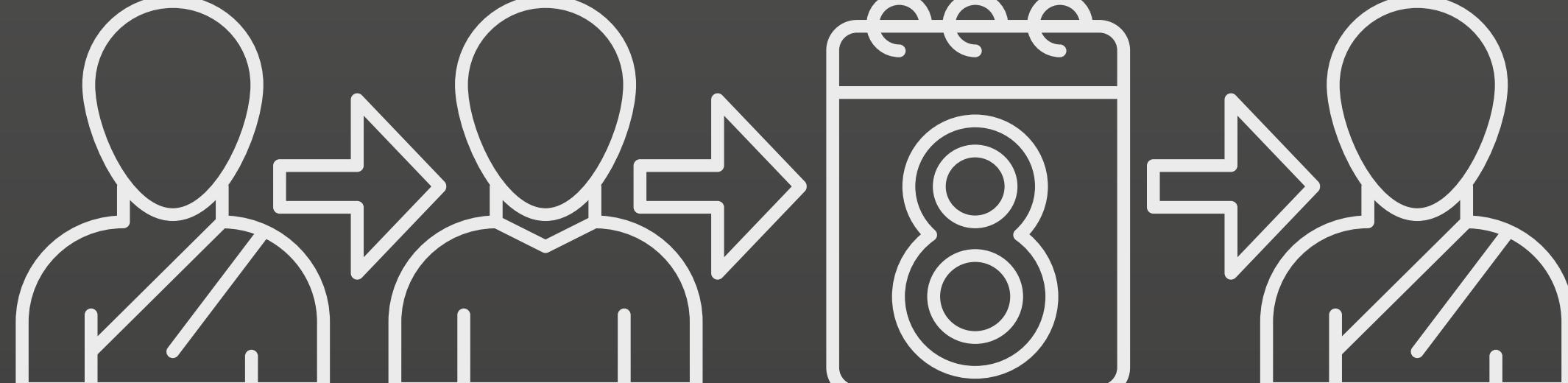
**Thus, the Umrah is complete  
and Ihraam ends.**



# Umrah for People Performing Hajj At-Tamattu



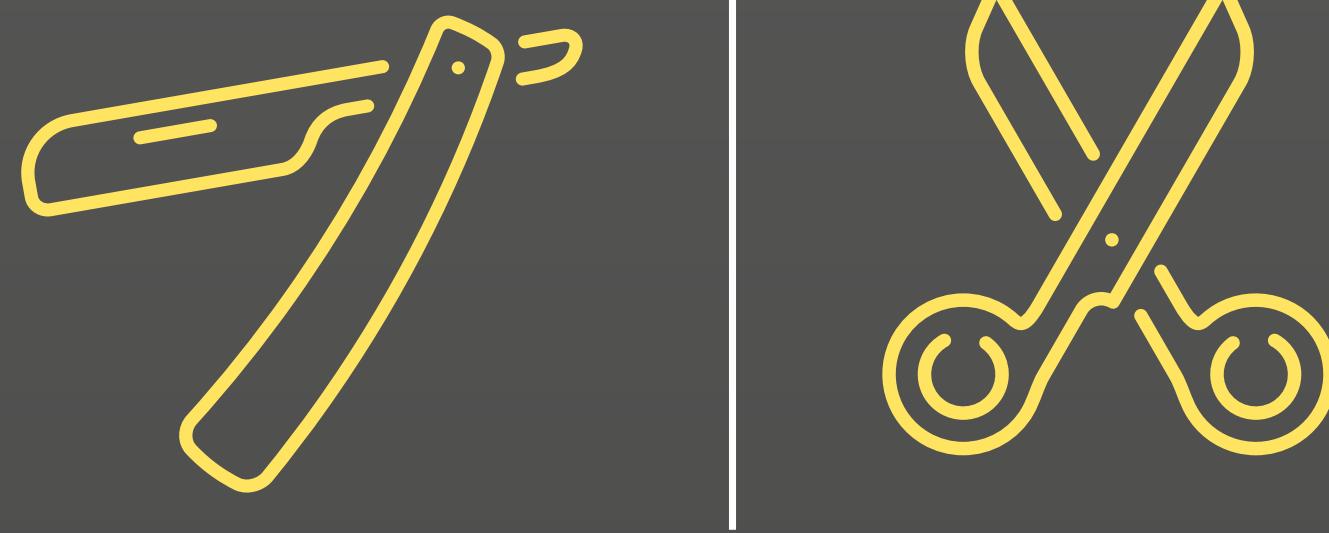
Tamattu' refers to a person who wishes to perform Hajj and first enters into the state of Ihraam to perform his Umrah. Then, after completing his Umrah, he leaves the state of Ihraam, only to re-enter the state of Ihraam on the eighth of Dhul-Hijjah. In this way, he has completely separated his Umrah from his Hajj.



# How to Perform At-Tamtu



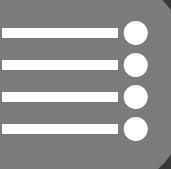
- One takes on the state of Ihraam for Umrah in the Hajj-months (Shawwal, Dhul-Qi'dah and Dhul-Hijjah).



- When he reaches Makkah, he performs Tawaf and Sa'i for his Umrah, shaves or trims his hair, and then leaves his Ihraam.



- On the day of Tarwiyah (the 8th of Dhul-Hijjah), he re-enters the state of Ihraam for Hajj and performs all its actions.





# How to Reach The Grand Mosque



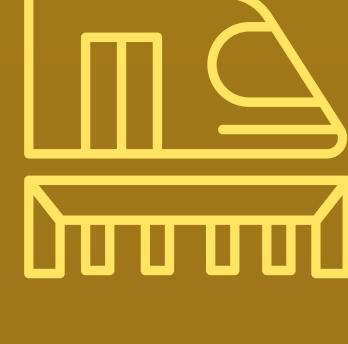
There are different ways to get from the airport to the Grand Mosque:



Taxis



Buses of Hajj and Umrah companies.



Haramain High Speed Railway



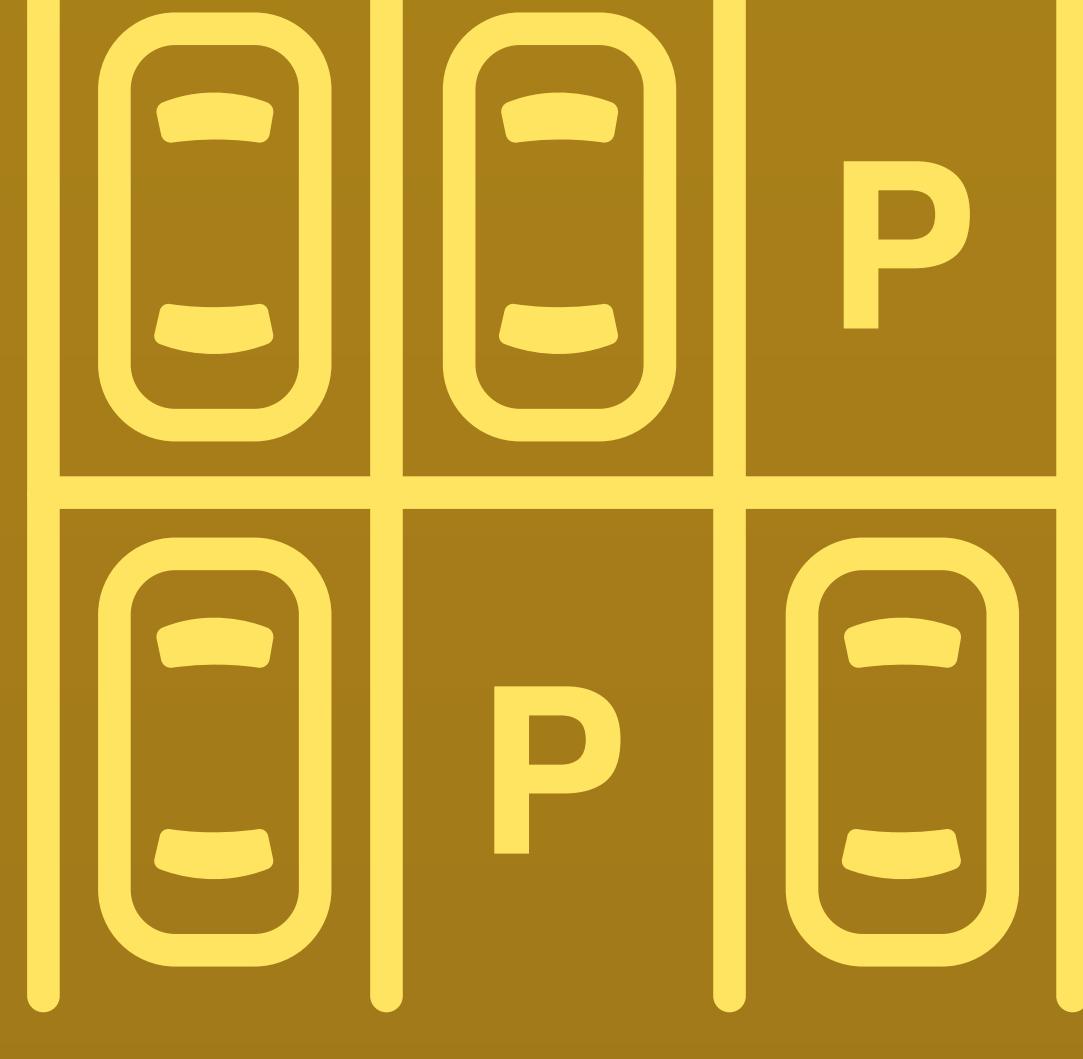
Car rental





### If you use your own car or a rental car:

Remember, you cannot drive into the neighbourhoods of Makkah, to avoid traffic jams.



You will be asked to park your car in one of the car parks in the Holy Capital:





**The parking lot of Al Zaher.**

**Kudai parking lot.**

**Jamarat Parking Lot**

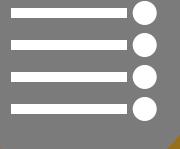
**The parking lot of Ar-Rusayfah**

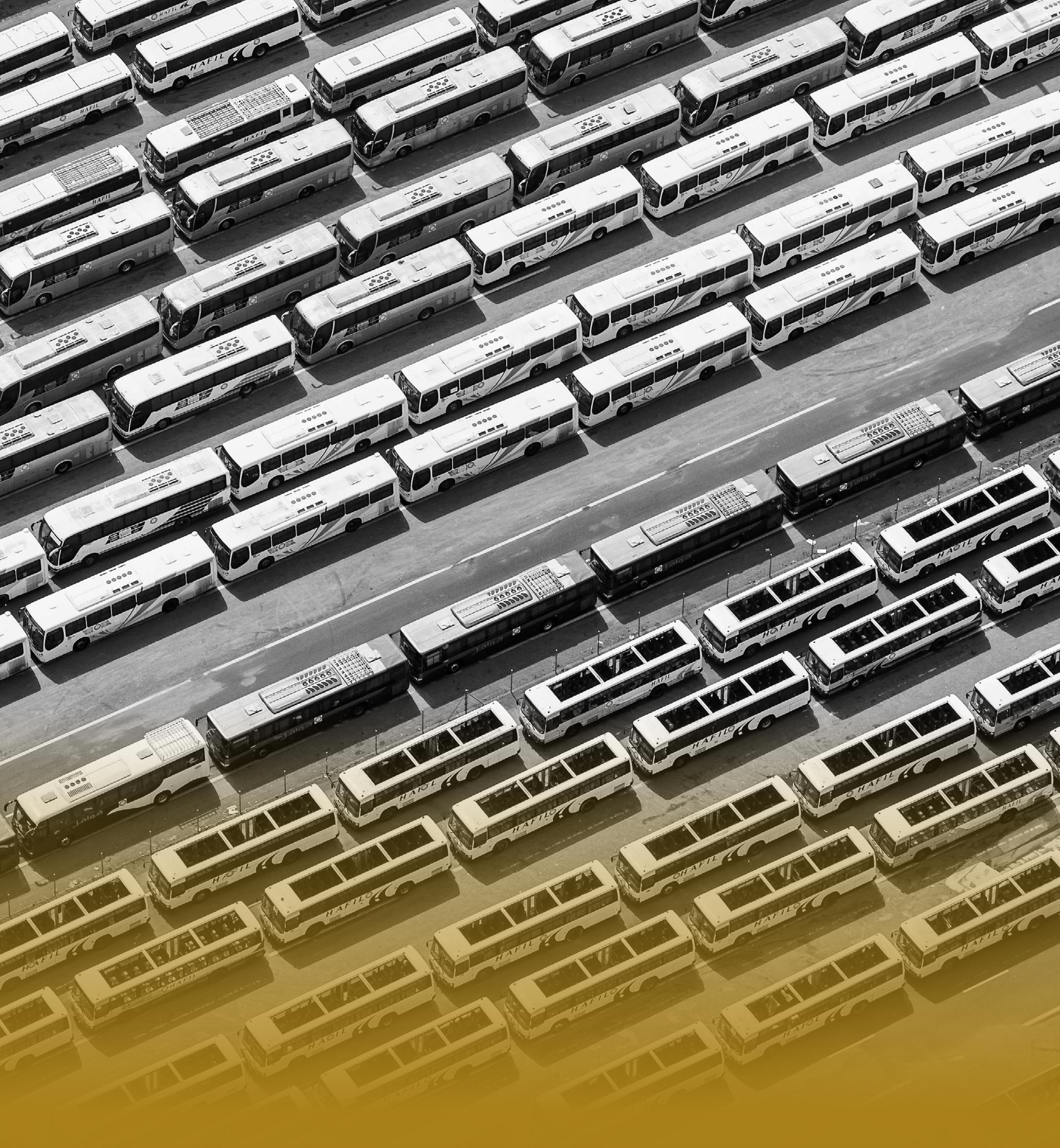
**The parking lot of Duqm Al-Wabr**

**Haramain High Speed Railway Parking Lot**

**The parking lot on Prince Mutaab Road**

**(Al Masafi Tunnels)**





From there, buses are available to serve pilgrims performing Hajj and Umrah, taking them directly from all car parks to the Grand Mosque.





# Haramain High Speed Railway



A high-speed train, serving pilgrims performing Hajj and Umrah. The train connects the regions of Makkah and Madinah, passing through the most important sites between them.



**The location of the train station in Makkah:  
The station is located in Al-Rusaifa District,  
3.5km from the Grand Mosque.**

There are

**4750 parking spaces**



**And dedicated buses for transportation  
from the Station to the Grand Mosque.**



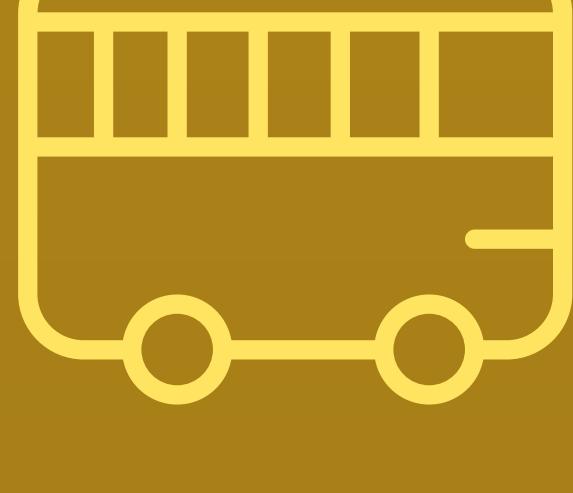
## Important Instructions:



You can book a ticket through the Haramain High Speed Railway website.



Check your luggage allowance through the website.



At the train station, there are buses and taxis which take you to the Grand Mosque.



Make sure to arrive at the train station on time.

**For reservations  
and appointments**

**Click here**





# Important Tips Before Arriving at the Grand Mosque

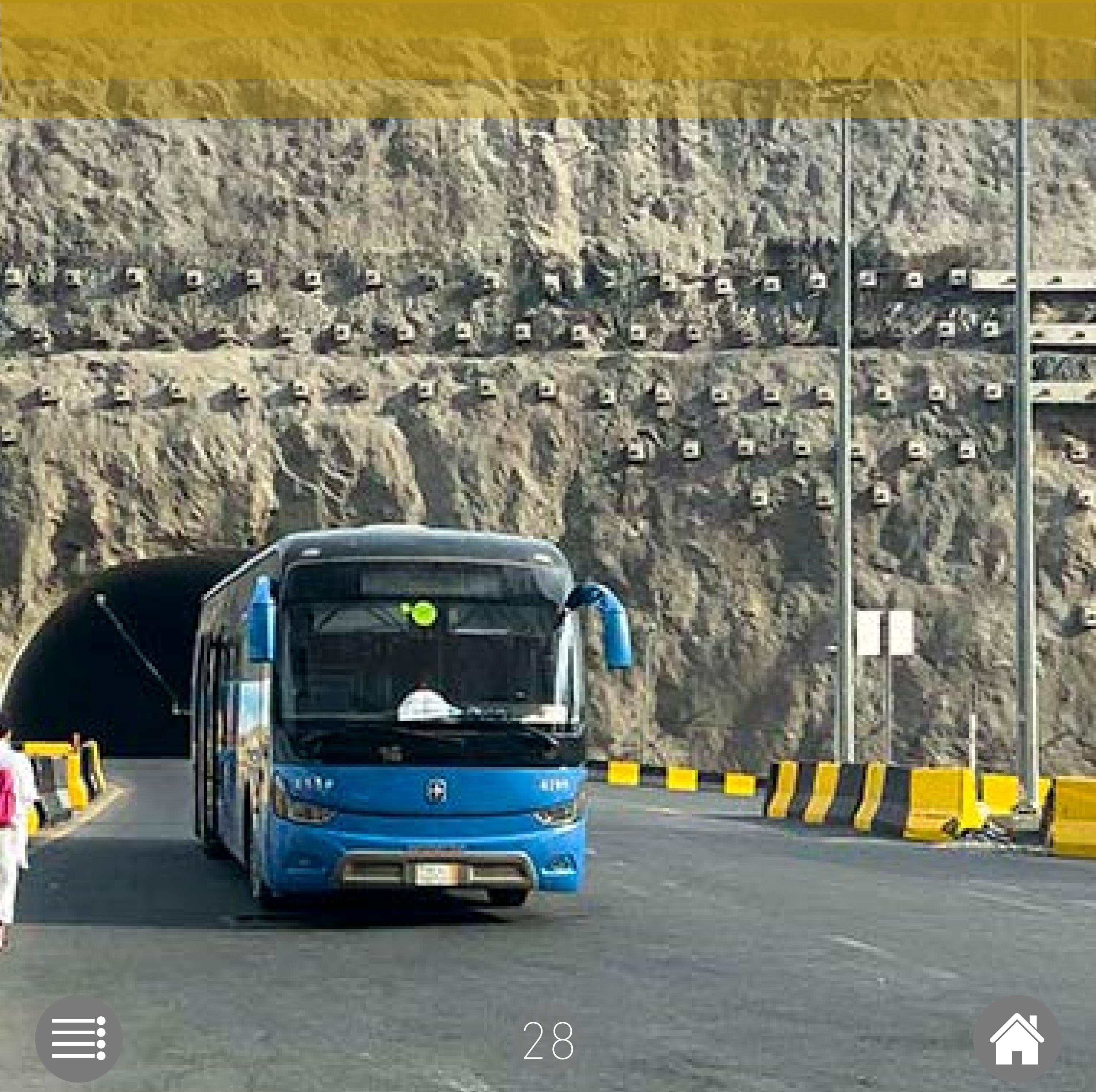
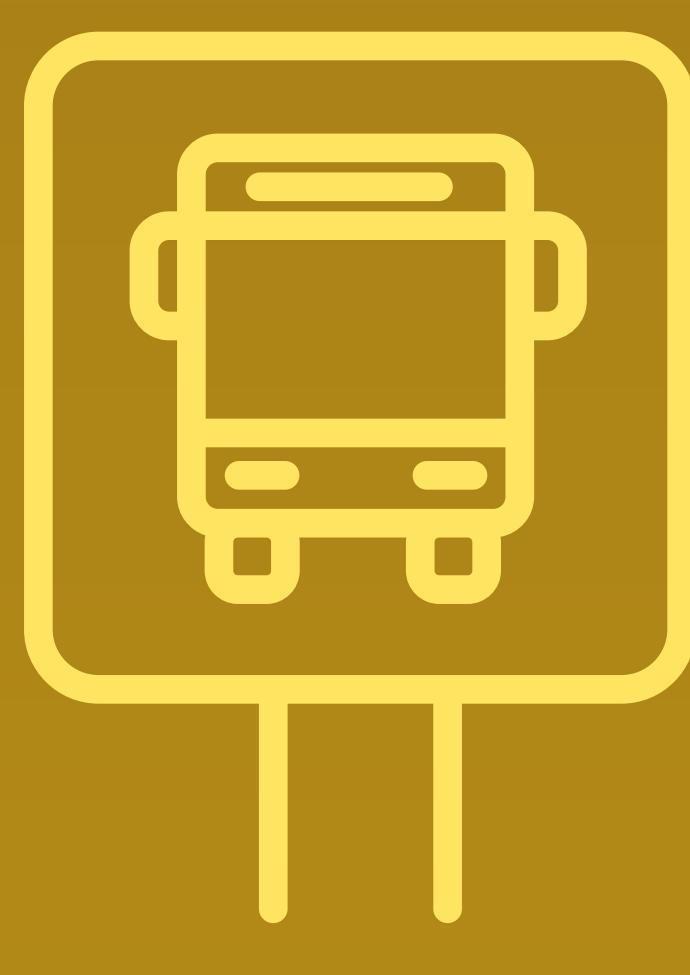


The pilgrim should not go to the Grand Mosque until after coordinating with the official of the group he came with, in order to know the exact time for performing Umrah. It is also important to clearly know the location of his residence, and to save the address on his mobile phone or on a piece of paper.

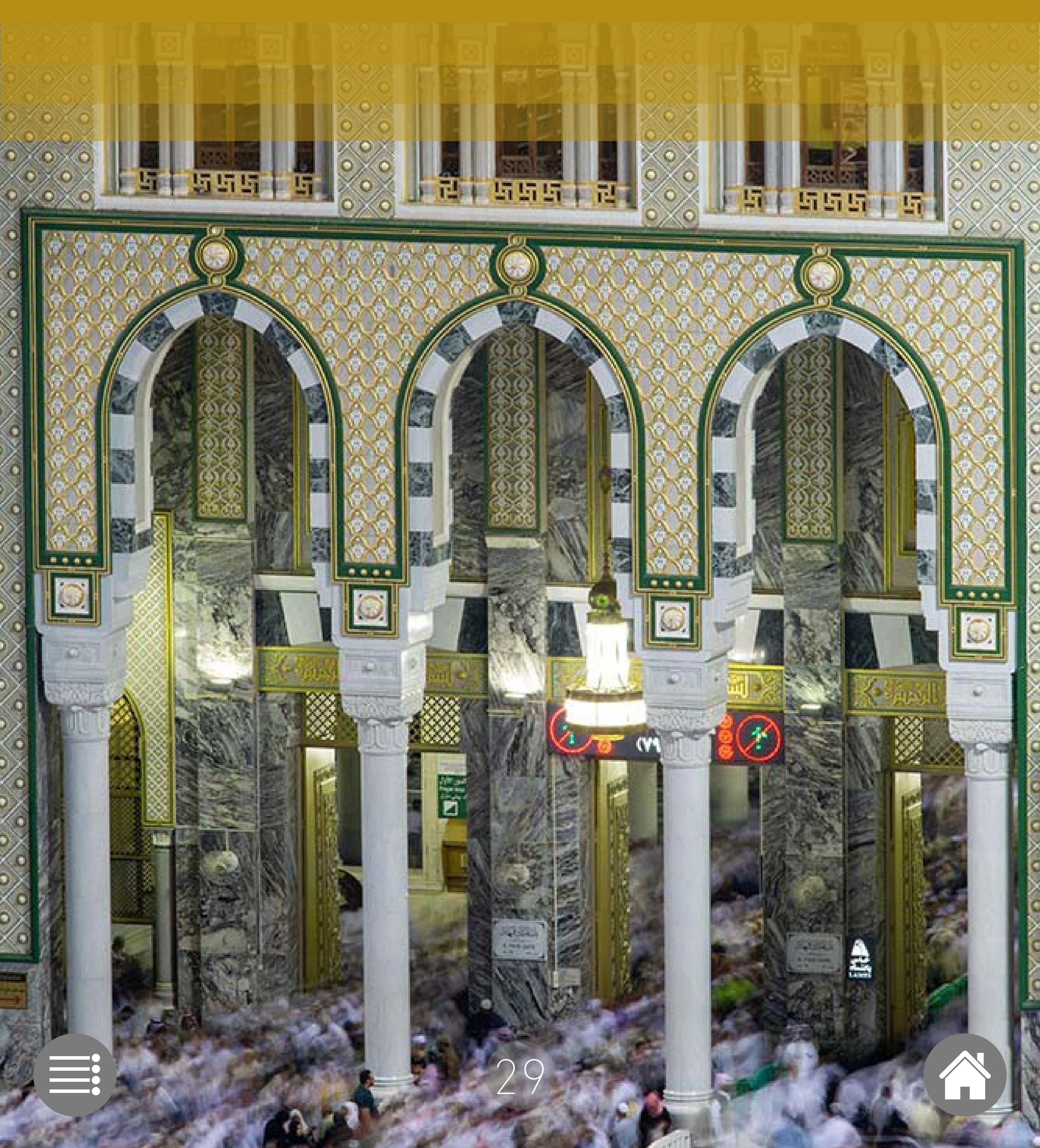
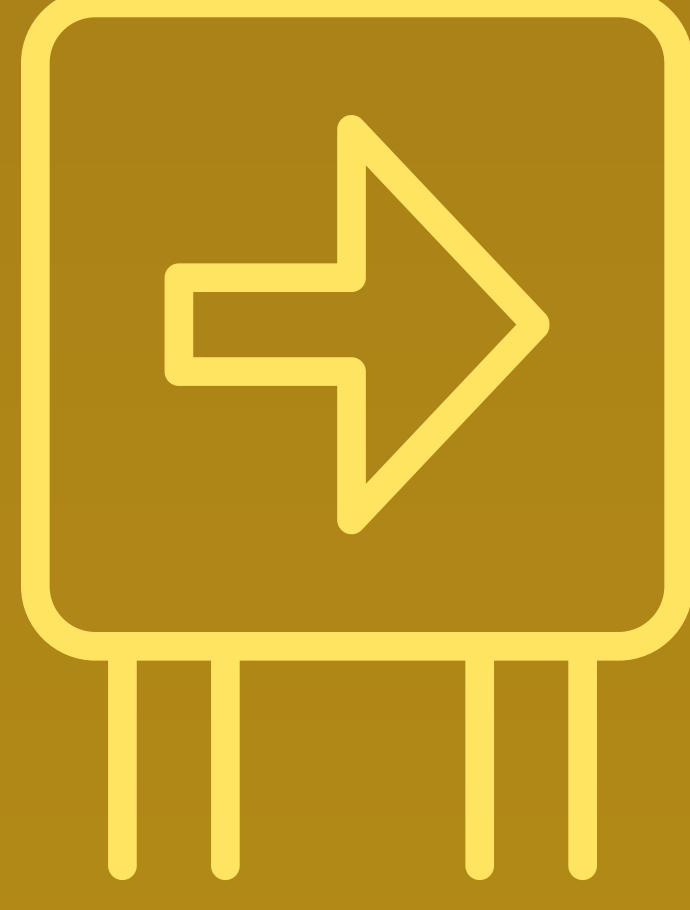


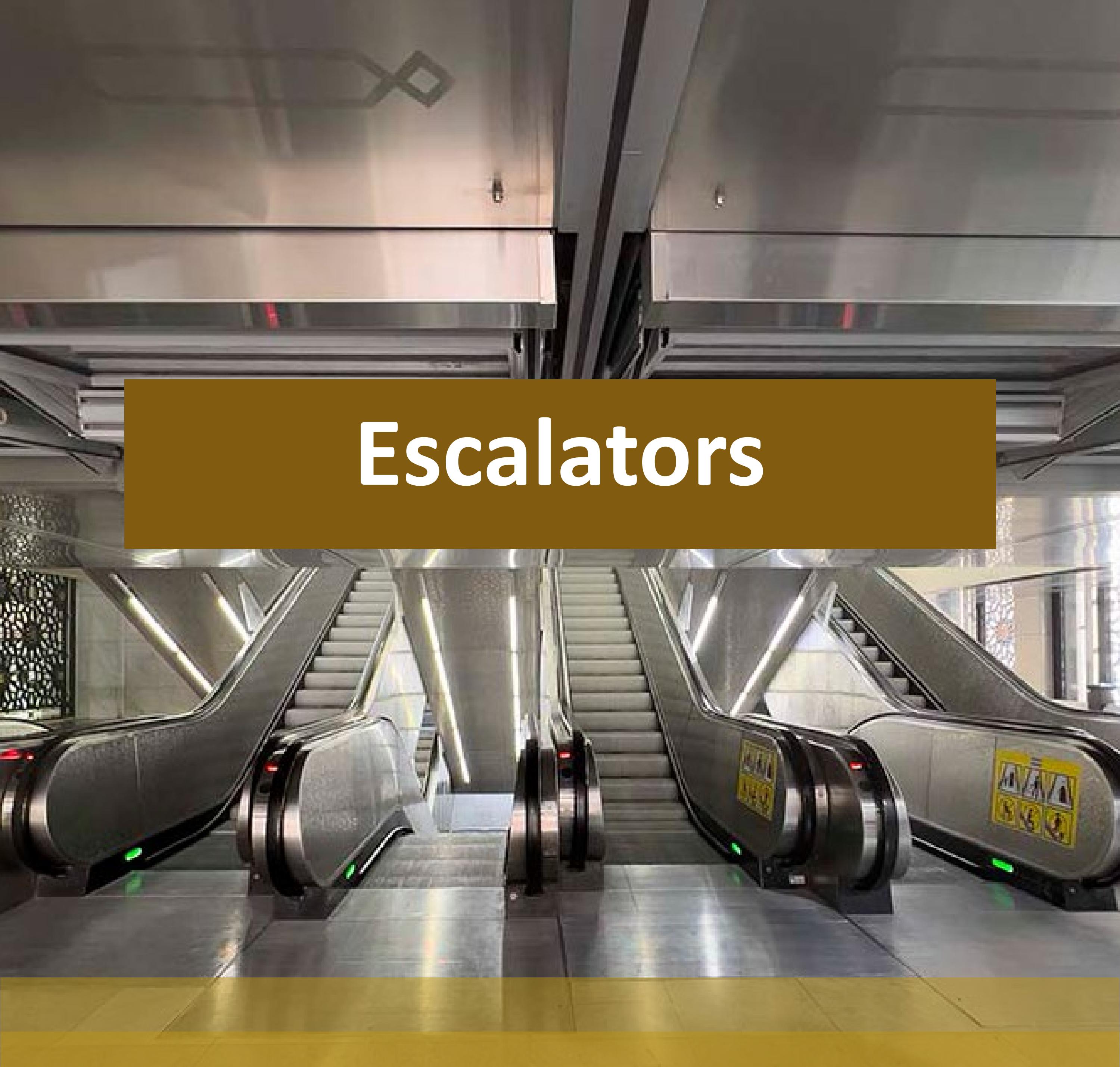


**If you are coming to the Grand Mosque via buses:** Remember the bus stop and be sure of the meeting point after completing your Umrah.



**When you arrive** at the squares around the Grand Mosque you will find panels in front of the gates showing those coming from far away whether the gate is suitable for entry or exit.





# Escalators

You will usually need to use the escalators to go up or down in the Grand Mosque and its squares and services, so here are the most important warnings when using the escalators:



**1**



Do not sit on the escalator, even if you are tired.

**2**



Stand firmly on the escalator and hold onto the moving belt.

**3**



Women should be careful that their hijabs and jilbabs do not get stuck at the end of the escalator.

**4**



Walk immediately after reaching the end of the escalator so that people do not collide into you from behind.





# 5



Do not take wheelchairs onto the escalator, unless you do so with the help of a competent person.

# 6



If you have an elderly person or a person who is not accustomed to taking the escalator, be by his side and hold him to protect him from falling.

# 7

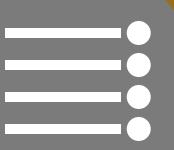


Do not push or harm pilgrims if there is crowding when going up or down, and give all pilgrims an opportunity to get on.

# 8



Do not place your foot on the side brush at the bottom of the escalator, as this may injure you and disrupt the cleaning system of the escalator.



# Tawaf



**Tawaf** is an act of worship to Allah in which the Muslim performs Tawaf around the Ka'ba, worshipping Allah and drawing close to Him according to what He has prescribed.



## The beginning and end of Tawaf:

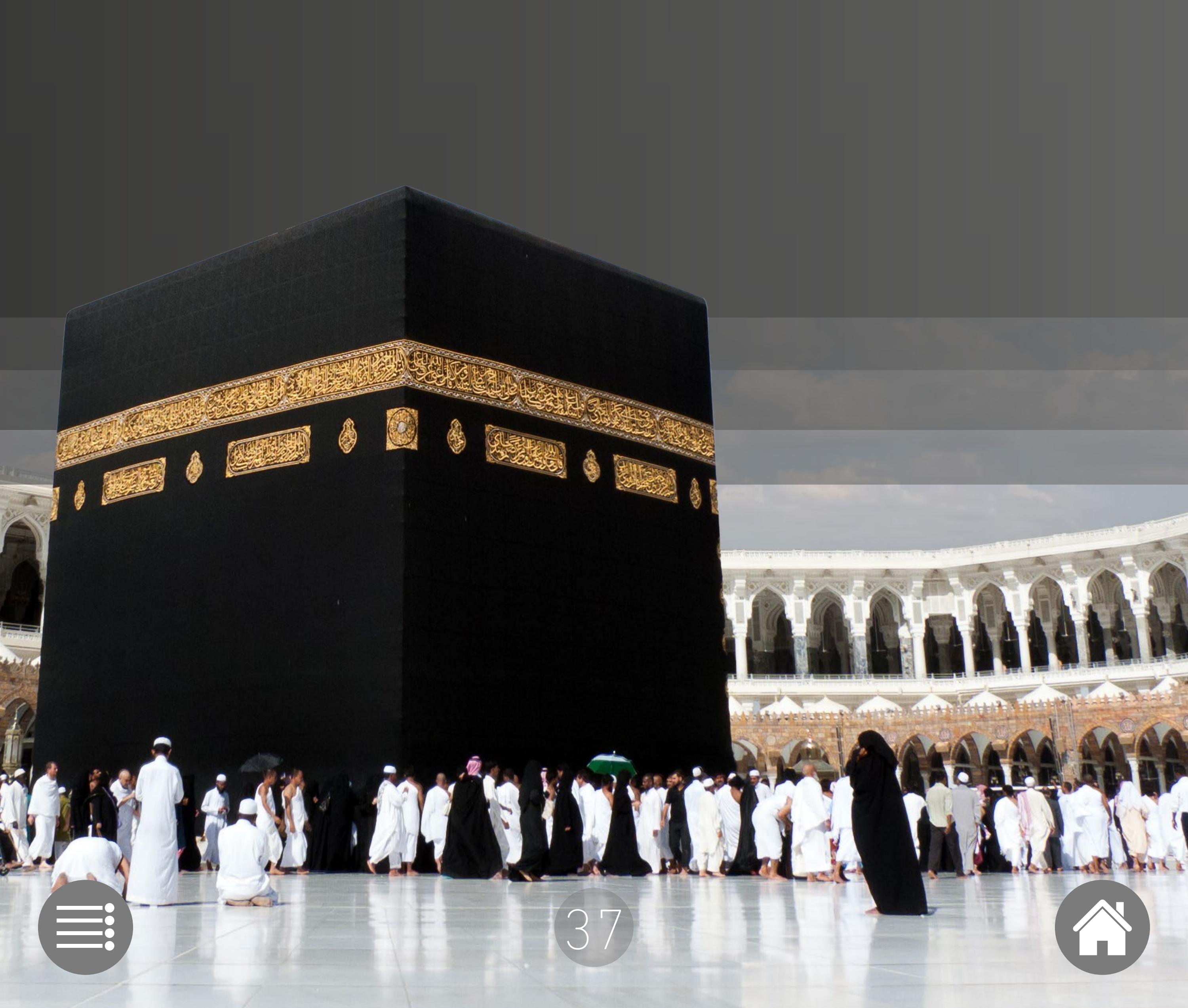
- **The pilgrim performing Hajj or Umrah begins his Tawaf from the corner where the Black Stone is.** There is a green sign indicating this on the upper floors.
- **The pilgrim performing Hajj or Umrah should perform *Takbeer* (saying “Al-laahu Akbar”) in each round** when he passes the Black Stone, the pilgrim is not required to perform *Takbeer* exactly at this point. one can perform Takbir somewhere near this point. So if the pilgrim finds himself past the Black Stone, he can still perform *Takbeer*.



- The pilgrim performs *Takbeer* and points with his hand facing the Black Stone, then begins his Tawaf with the Ka'ba to his left (counterclockwise). Kissing the Black Stone is a Sunnah for those who are able to do so, but this is difficult during the seasons of worship and crowded days.



- **The pilgrim continues performing Tawaf**, supplicating Allah and praying humbly to Him.
- **When the pilgrim reaches the corner which precedes the Black Stone**, called the Yemeni corner, it is desirable for him to touch it if possible, but this will be difficult during the Hajj season.
- **Then he ends his circuit at the corner of the Black Stone**, which is the place from which he started. Here, he points with his hand and performs *Takbeer*, and with this he has completed one circuit.
- He repeats this **until he completes 7 circuits**.



## General tips while performing Tawaf:



- Stopping inside the area of *Tawaf* causes crowding and pushing.



- Do not go in the opposite direction of *Tawaf*, whatever the reasons.



- Avoid crowded areas.



- Be sure to wear a face mask, and apply precautionary measures.



Special wheelchairs for *Tawaf* are available for the elderly and those who need them. You can find more details about this by

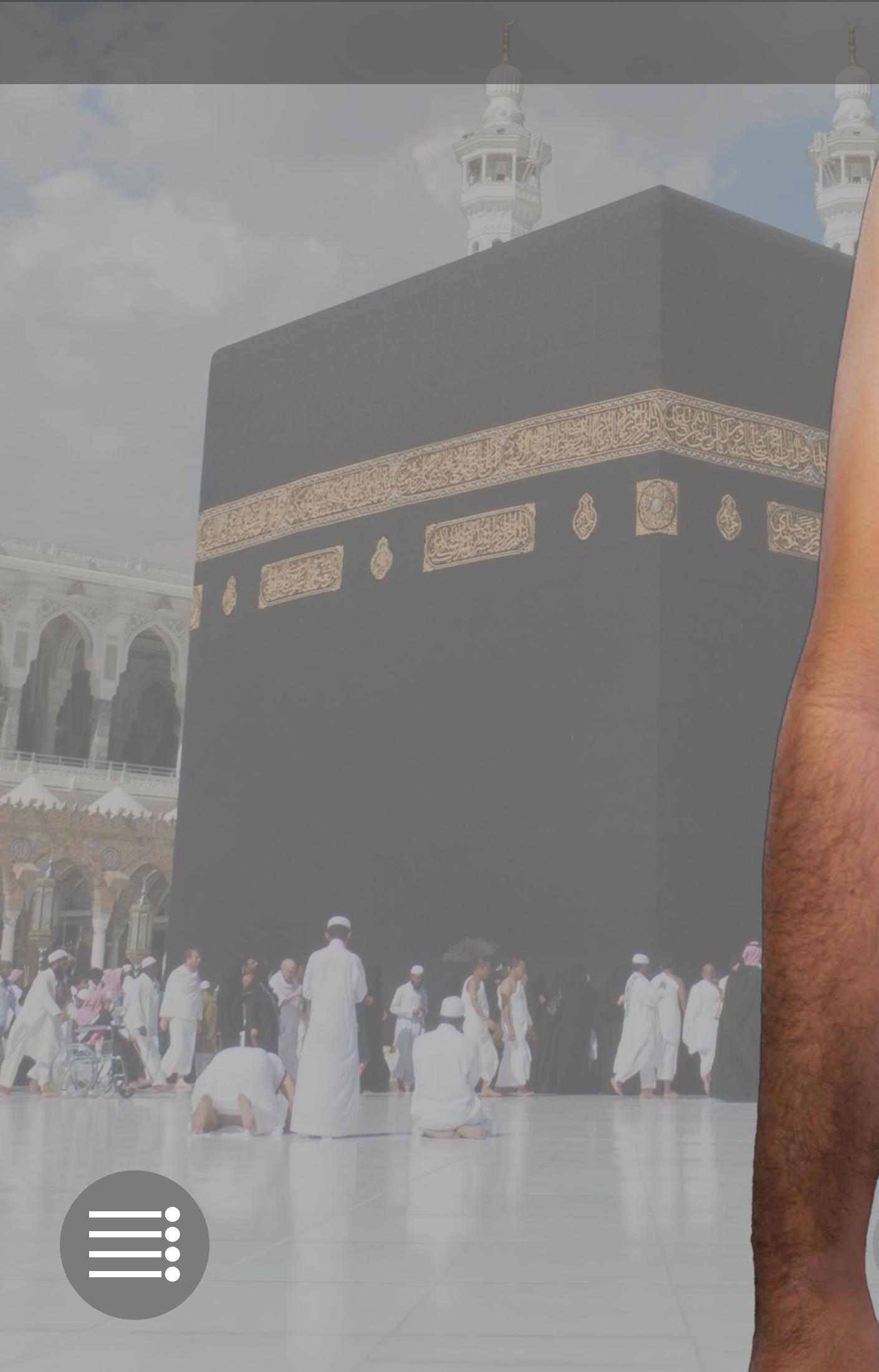
[Clicking here](#)

# Sunnahs of Tawaf



## Al-Ihtiba:

This is a special way of wearing the Ihram for men, by which he brings out his right shoulder, following the example of the Prophet Muhammad (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ).





### **Ar-Ramal:**

Ramal is fast walking with small footsteps (not jogging) during the first three circuits of Tawaf if possible (without harming the people around you). Then, the remaining four circuits are completed in a normal walking pace.



### **Supplication:**

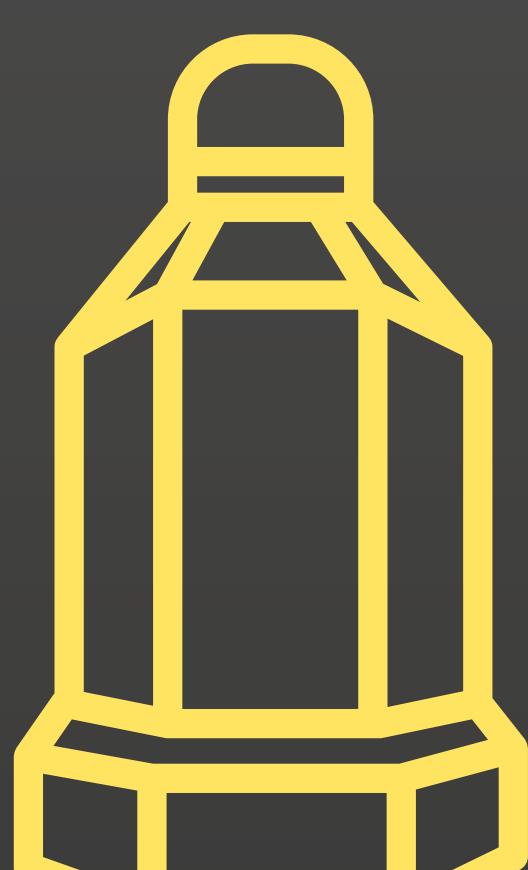
Increase your supplications and invocations to Allah for what matters to you and pre-occupies your heart. It is Sunnah to say at the last part of Tawaf between the Yemeni Corner and the Black Stone "*Rabbanaa aatinaa fid-dunyaah hassanatan wa fil aakhirati hassanah, waqinaa ‘adhaab-an-naar*" ("Our Lord, give us goodness in this world and goodness in the Hereafter and protect us from the punishment of the Fire").





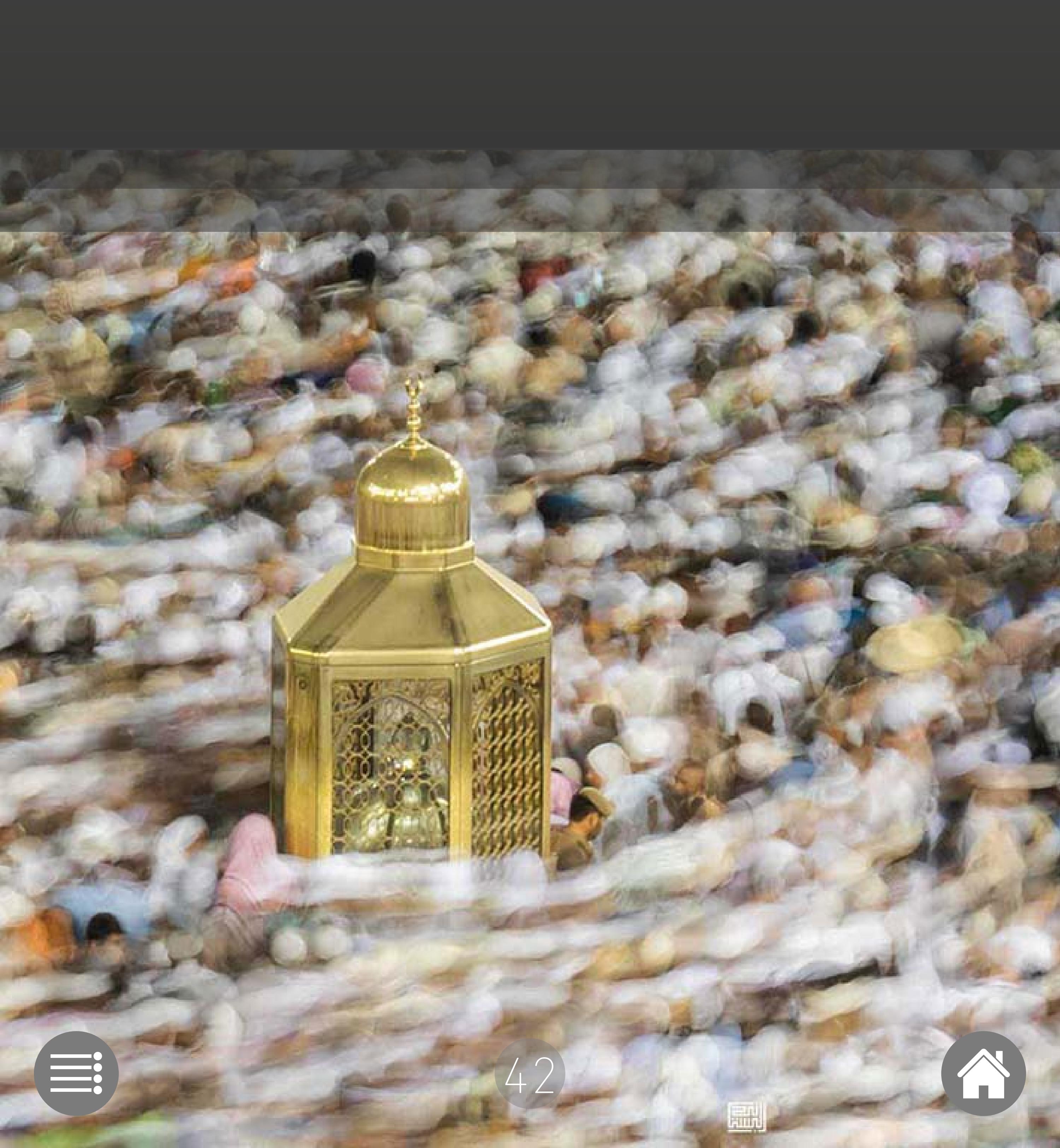
# The Two Rak'aas of Tawaf

If the pilgrim performing Hajj or Umrah has completed the seven circuits, he should cover his shoulder. Then, it is Sunnah for him to pray two swift Rak'aas behind Maqaam Ibraahim according to the place designated by the responsible authorities, or he may pray them anywhere in the Grand Mosque. Allah the Almighty said: "***And take ye the station of Abraham as a place of prayer.***" [Surah Al-Baqarah, Ayah 125].



## The right place to perform the two Rak'aas of Tawaf:

- The pilgrim can pray them anywhere in the Grand Mosque, according to the instructions of the security men at that specific time.
- But if it is easy for him to pray so that **Maqaam of Ibraahim is in front of him, even from a far place**, then this is desirable, because Allah the Almighty says: "*And take ye the station of Abraham as a place of prayer.*"





- Beware of irritating the people performing **Tawaf** or disrupting them, for the person performing Tawaf has priority and more right to be there. Allah mentioned them first in His Book when He said: "***Purify My House for those who perform Tawaf and those who are staying [there] for worship and those who bow and prostrate [in prayer].***"

It is Sunnah to recite Surah Al-Kaafiroon in the first rak'aa and Surah Al-Ikhlaas in the second.

■ The Messenger of Allah ( ﷺ ) drank from Zamzam after he finished his Tawaf, and it is Sunnah to do as he did. This is very easy nowadays while on your way to perform Sa'i and inside the place of Sa'i, as Zamzam water dispensers are spread throughout the Grand Mosque.



# Sa'i: How to Reach the Place of Sa'i

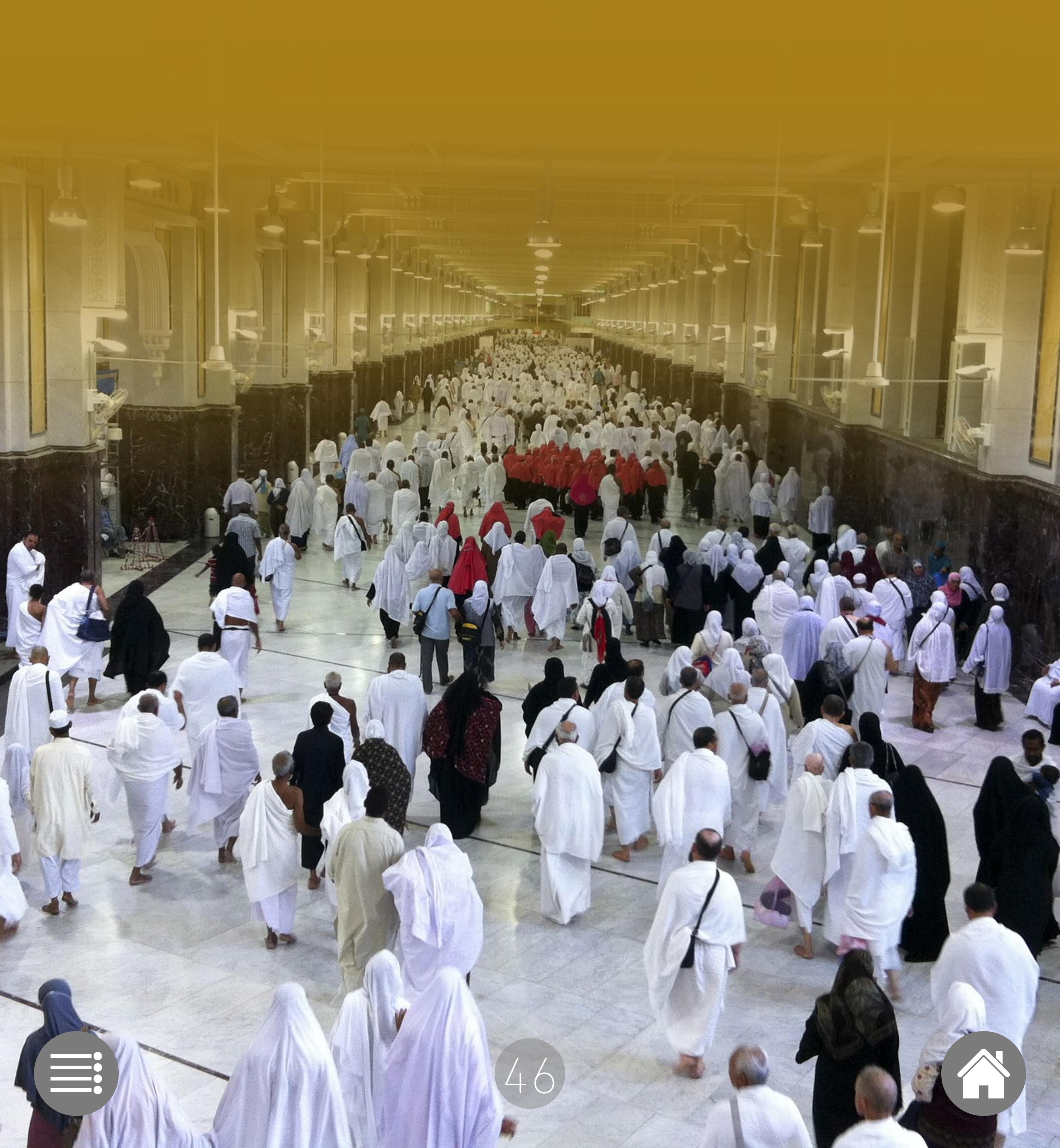


- When you finish your Tawaf, you will find panels which guide you to the place of Sa'i and point towards Safa, where Sa'i starts.



We advise you, after completing your Tawaf, to head to the place of Sa'i on the upper floors:

- In order to avoid crowding on the ground floor.
- In order to make things easier for yourself and your Muslim brothers.





To reach the upper floors of the place for Sa'i:

Head to the designated escalator entrances (you can ask the security guards to show you the way).

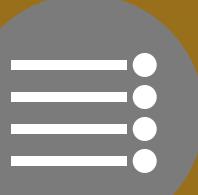


# Safa and Marwa

**Safa and Marwa** are two small mountains on which Hagar (Mother of Ismail), peace be upon him, climbed in search of food or water.

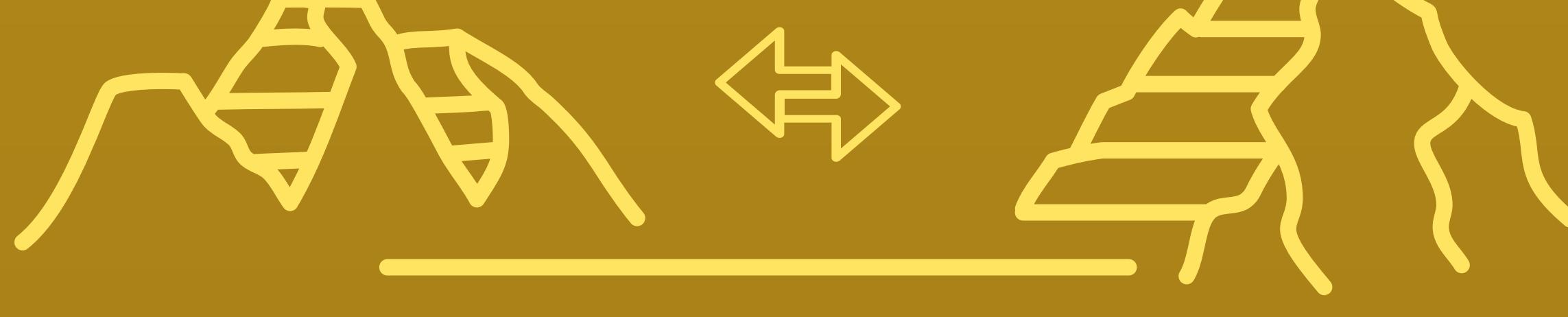
## Safa:

- A small hill from which Sa'i begins.
- The rocks of the hill are still visible on the ground floor.



## Marwa:

- A small hill where Sa'i ends.
- Sa'i ends here.



Sa'i between Safa and Marwa is one of the rituals of Hajj and Umrah:  
Allah the Almighty said: "***Behold! Safa and Marwa are among the Symbols of God.***"



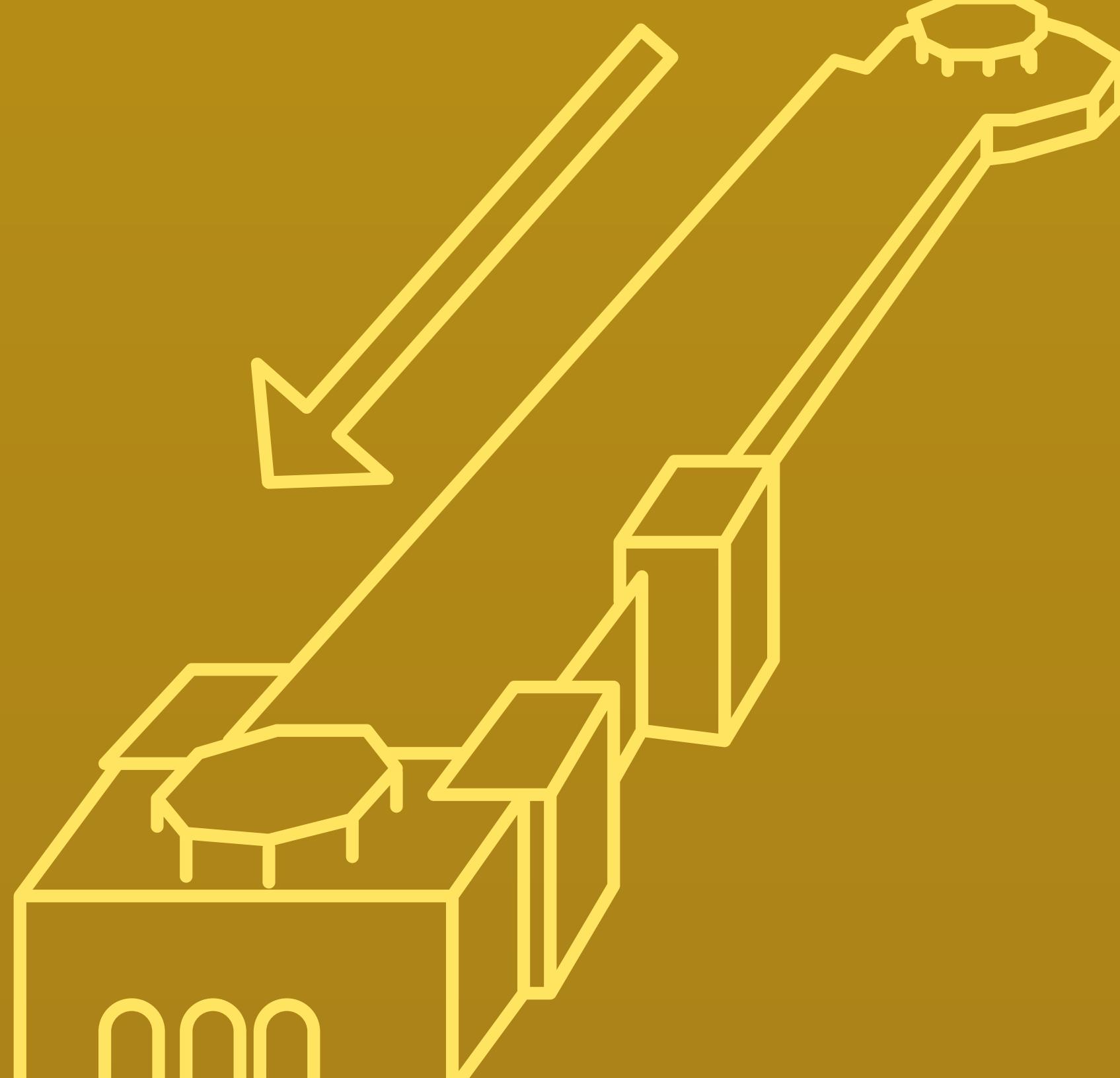
# Description of Sa'i



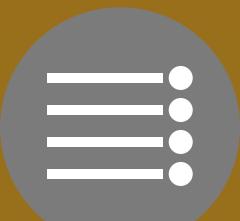
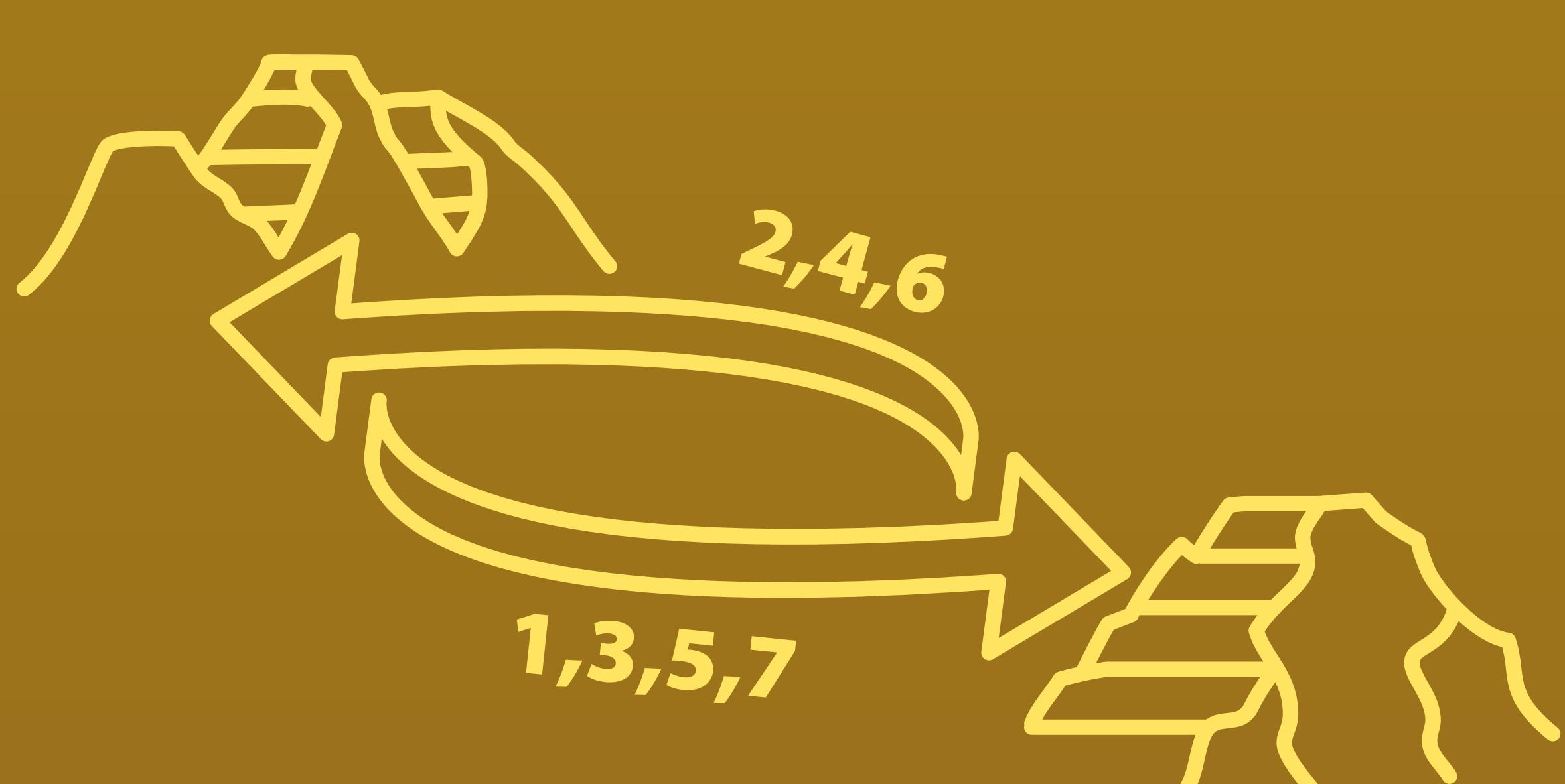
The pilgrim worships his Lord by walking the distance between Safa and Marwa 7 times, as his Noble Messenger (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) did.



**One starts his Sa'i in Safa and ends it in Marwa.**

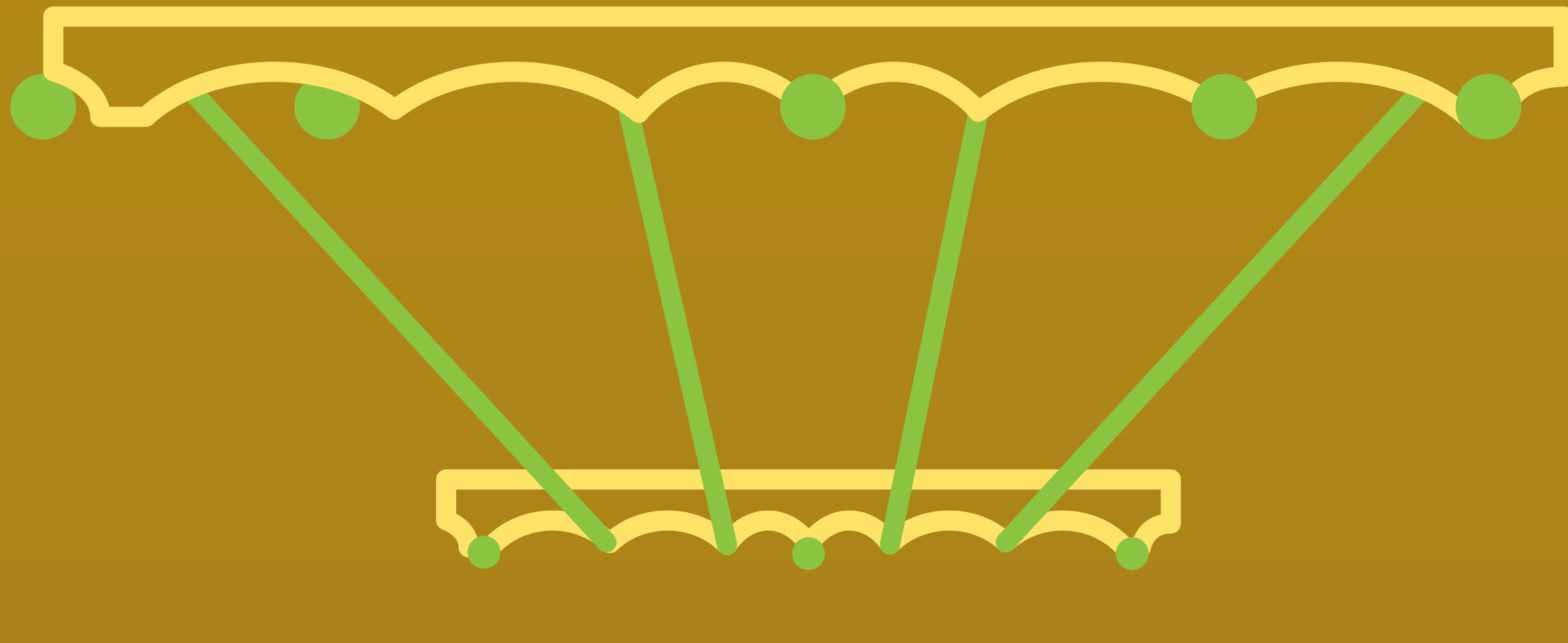


- Walking the distance from Safa to Marwa is considered one circuit.
- From Marwa to Safa is considered the second circuit, etc.



## The two green signs:

It is recommended for men who are able, to run between the two green signs, as did the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) .



# Supplication at the Place of Sa'i

**Supplication at the place of Sa'i:**

The pilgrim should fill the entire time of Sa'i with remembering and supplicating Allah or with reciting the Qur'an.



## Supplication at the beginning of Safa and Marwa:

When the pilgrim arrives at the beginning of Safa or Marwa, it is Sunnah for him to raise his hands towards the Qiblah at the beginning of each circuit and supplicate to Allah and say “*Allaahu akbar*” before starting a new circuit.



### The supplication of Allah's Messenger

(صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) :

When the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) first reached Safa after Tawaf, he would recite the Words of Allah the Almighty: **“Behold! Safa and Marwa are among the Symbols of God.”** Then he would say: “I begin with that which Allah began with.” (meaning Safa before Marwa).





**When climbing up Safa and Marwa,** the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) used to face the Qiblah and say: “*Allaahu akbar, Allaahu akbar, Allaahu akbar, laa ilaaha il-Allaah, wahdahu, laa shareeka lahu, lahul mulku wa lahul-hamdu wa huwa ‘aalā kulli shay’in qadeer. Laa ilaaha il-Allaah hu wahdahu. Anjaza wa’dahu, wa nasara ‘abdahu, wa hazamal-ahzaaba wahdahu.*

Allah is the greatest; Allah is the greatest; Allah is the greatest. There is no deity except Allah, alone without a partner. To Him belongs the Dominion, and to Him belongs all praise. He gives life and death and He has power over everything. There is no deity except Allah alone. He fulfilled His promise, supported His slave and defeated the confederates alone.

After that he supplicates with whatever he wishes, and then repeats this a total of three times.

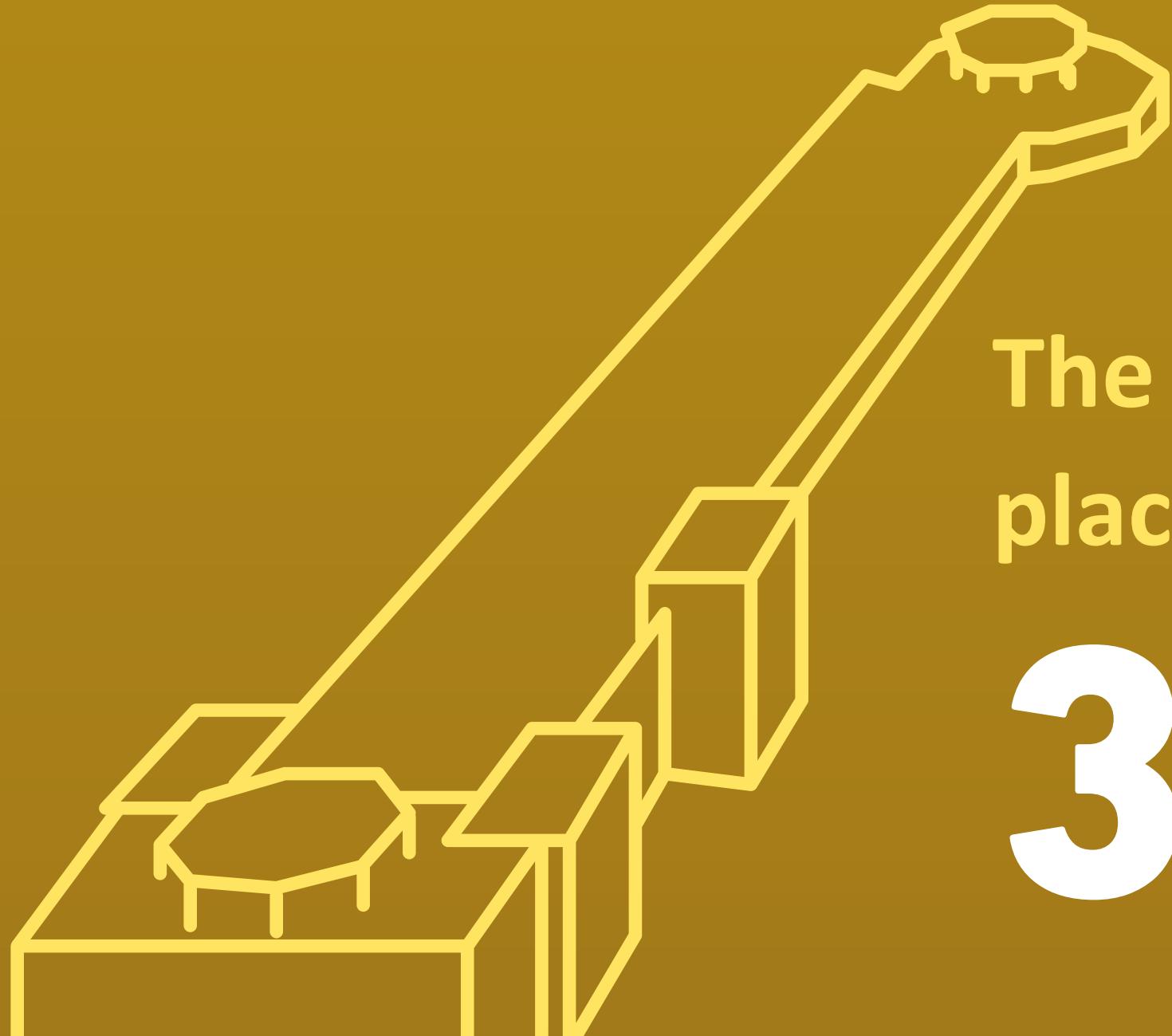


**The person performing Sa’i should not stop to pray in a place which disrupts movement** and causes crowding, and he must adhere to the instructions of security personnel in the Grand Mosque.





# Sa'i Statistics



The length of the place for Sa'i is

**394m**

The average total length of Sa'i is

**2761.5m**



The average time to complete Sa'i is between

**45-55 minutes**



Walking speeds vary according to several factors, such as:

Continuity, height, weight, age, location, obstacles, crowding, and the duration of supplication.



# Floors for Performing Sa'i

The place for Sa'i is divided into different floors with an area of 87,000 square metres (936,460 sq.ft.), which are:

- Basement.
- Ground floor.
- Mezzanine floor for electric wheelchairs.
- First floor.
- Second floor.

# Answering Pilgrims'

## Inquiries

Throughout the Sacred Mosque, there are special telephones dedicated to answering the questions and inquiries of pilgrims and visitors in seven international languages.



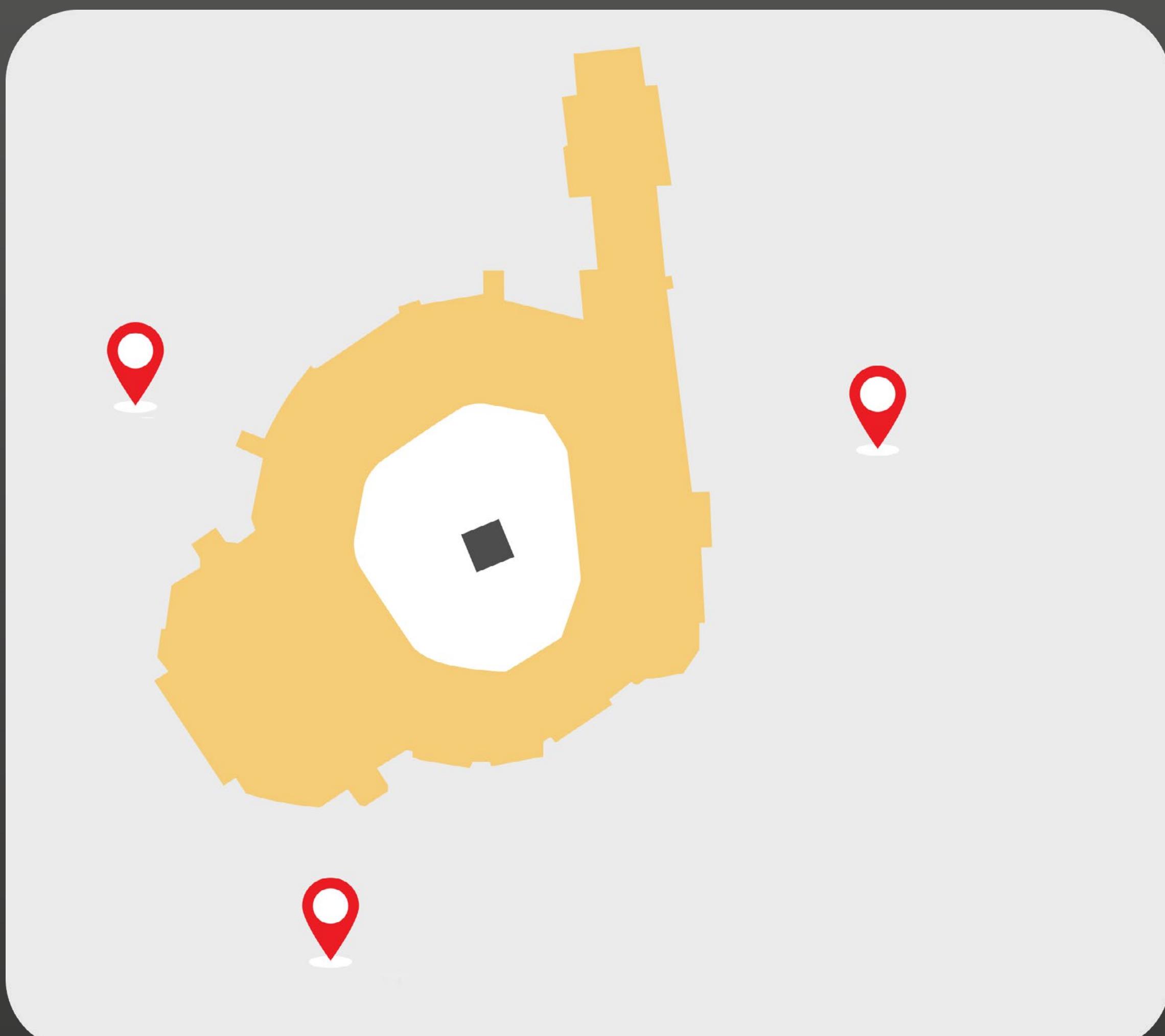
# Wheelchair Service



## Free wheelchairs:

Can be found in the following places:

1. **Eastern Square** (the entrance to mass transit).
2. **Southern Square** (next to the King Abdulaziz Endowment, may Allah have mercy on him).
3. Western Square (Shubaykah entrance).





## **Electric wheelchair:**

An advanced means of transportation, aimed at providing convenience to pilgrims who need them to complete their rituals. These wheelchairs come in several different sizes.





More than **5,000 regular wheelchairs**, and nearly **3,000 electric wheelchairs** are available to pilgrims and visitors who need them, to facilitate their transportation.

### **Service locations for wheelchair pushers service:**

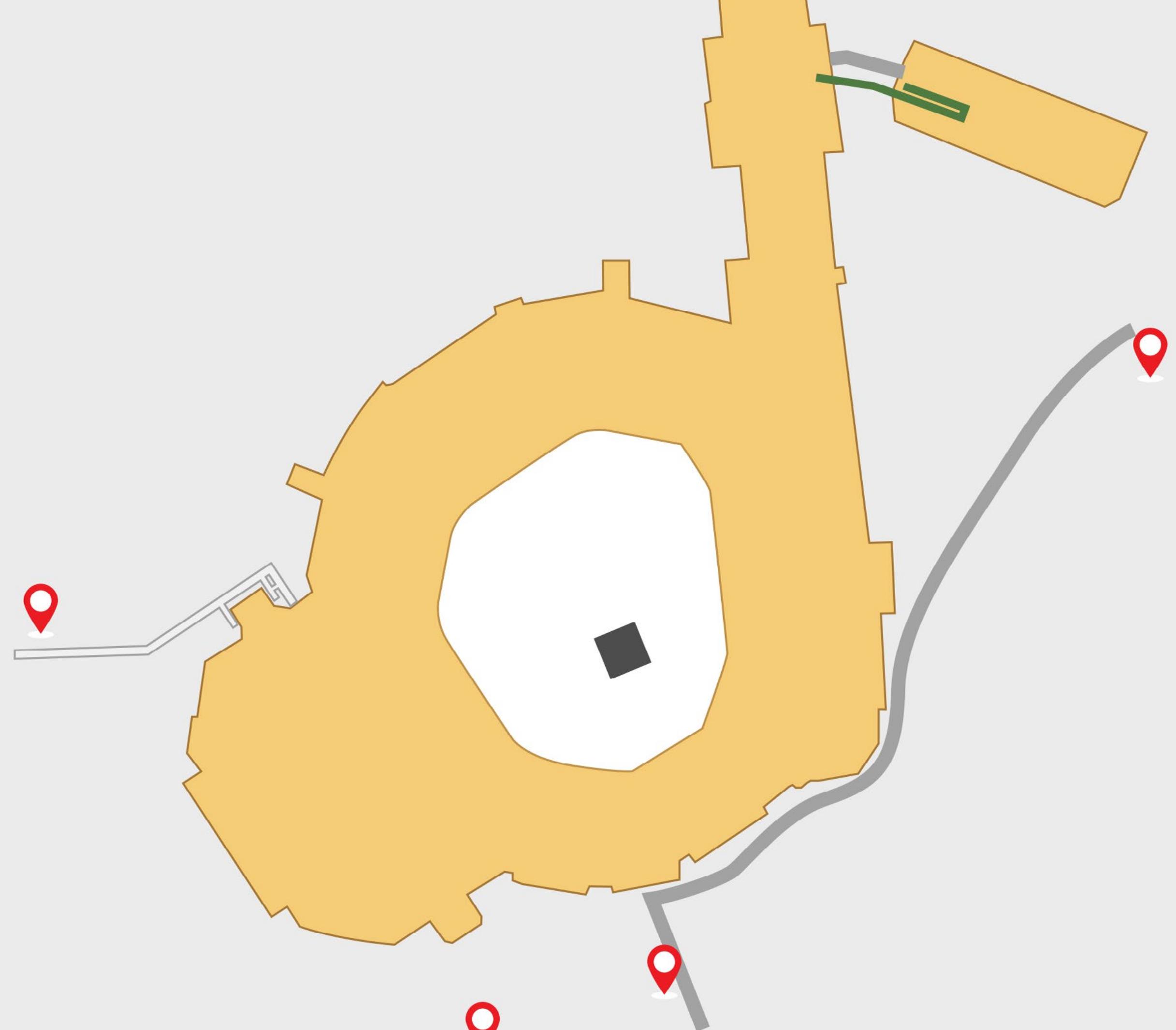
- 1. The ground floor of the place of Tawaf.**
- 2. The ground floor of the place of Sa'i (Gate 14).**
- 3. The second floor of the place of Sa'i (The Al Arqam Escalators).**
- 4. King Abdulaziz Endowment, may Allah have mercy on him.**



**The electric wheelchair service can be accessed from four entrances to the Grand Mosque, which are:**

- 1. The eastern square** (on the roof of Al-Qashashia).
- 2. The southern square** (Ajyad Bridge leading to the first floor).
- 3. The escalator** for Ajyad gate.
- 4. The western square** (Shubaykah Bridge).

**The electric wheelchairs are located on the first mezzanine floor.**



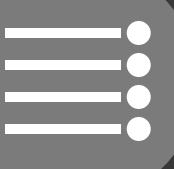
**If you want to book an electric wheelchair before your arrival at the Sacred Mosque:**

**You can book through the Tanaqol app.**



**Click here to download**

- The wheelchair will be waiting for you at the following service points:**
- At the beginning of Sa'i (Safa).
  - The mezzanine floor (beginning of Tawaf).

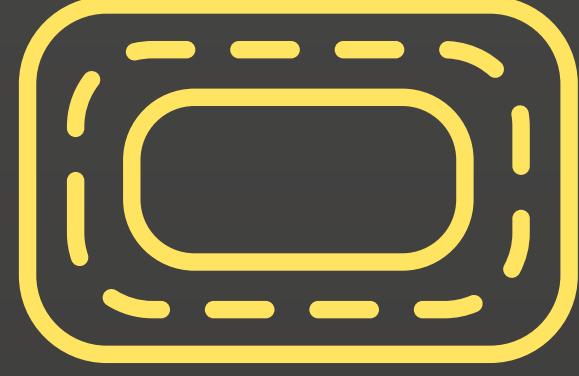




To make the best use of the wheelchairs,  
we advise you to:



Enter from the specified  
entrances.



Stick to the specified path.





**Follow** the supervisors' instructions.



**Maintain** the safety of the wheelchair.



**Drive** the wheelchair carefully and calmly.



**A free golf cart service is available to transport elderly pilgrims and worshippers, and people with special needs inside the Grand Mosque.**





# Barber Shops

- There are many shops which are authorised to shave pilgrims around the Grand Mosque.
- They are equipped to offer their services in a healthy and safe environment.



- For his own safety, **the pilgrim must go to one of these shops.**
- **Avoid going to barbers on the streets** or cutting your hair in a manner which is inappropriate for the sanctity and purity of the Grand Mosque.



To know the locations of the  
barber shops

[Click here](#)

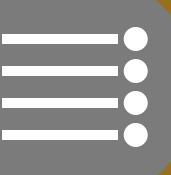


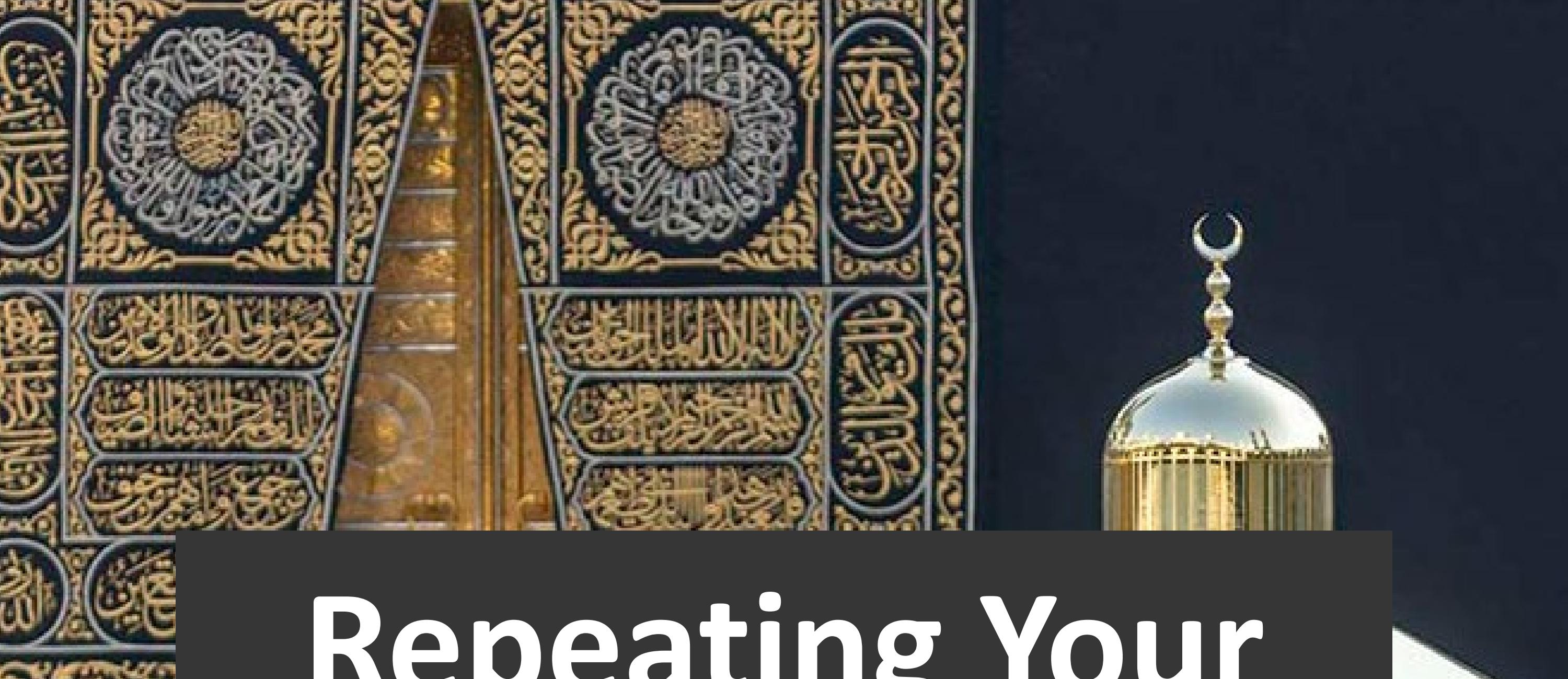


# **Tips for a Safe Haircut**

**When at the barber, make sure of the following:**

- That he uses disposable razors with plastic handles.**
- That he changes the shaving tools and brings out new ones after finishing with the previous pilgrim.**
- That he washes his hands with soap and water before he starts shaving.**





# Repeating Your Umrah



It is recommended to travel again to perform **Umrah** from time to time, for those who are able. As the Prophet ﷺ said: **From one ‘Umrah to the next is an expiation for what was committed between them.”**





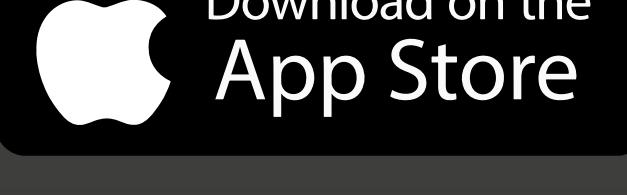
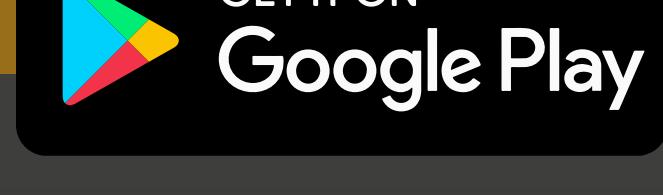
**But repeating the Umrah in the same trip was something not known among the Companions, except for a reason.** After performing their Umrah, they used to perform a lot of acts of worship, such as reciting the Qur'an and praying.

However, if it brings ease to the pilgrim, it is permissible **to repeat Umrah on the same trip, for oneself or for others, if that does not cause hardship for other pilgrims.**

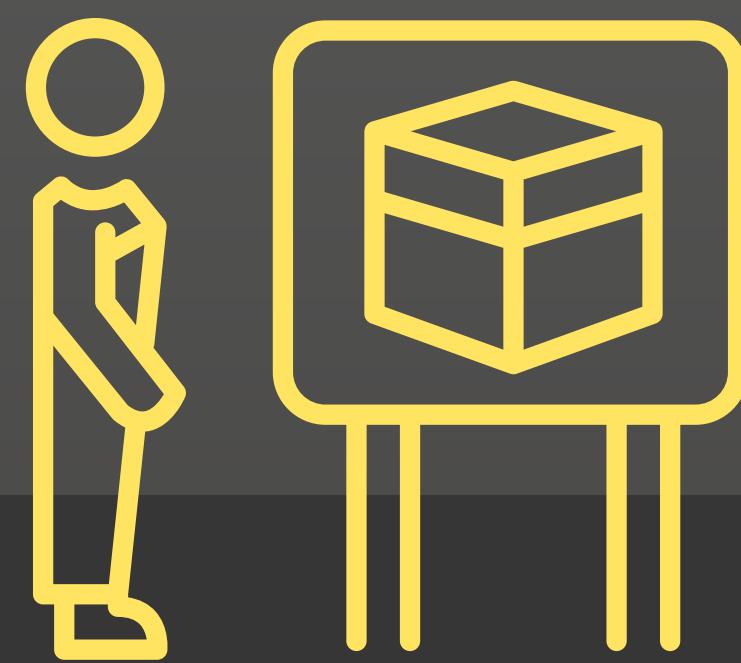
**Whoever wishes to perform Umrah must obtain permission from the official applications** and perform Umrah at the time specified for him.



**Click here to download the Nusuk app**



Whoever wishes to perform Umrah and issues the official permit, **must leave the boundaries of the Haram to enter the state of Ihraam from there. He can, for example, go to the mosque of ‘Aishah - may Allah be pleased with her** - in Al-Tan’im and enter Ihraam from there.

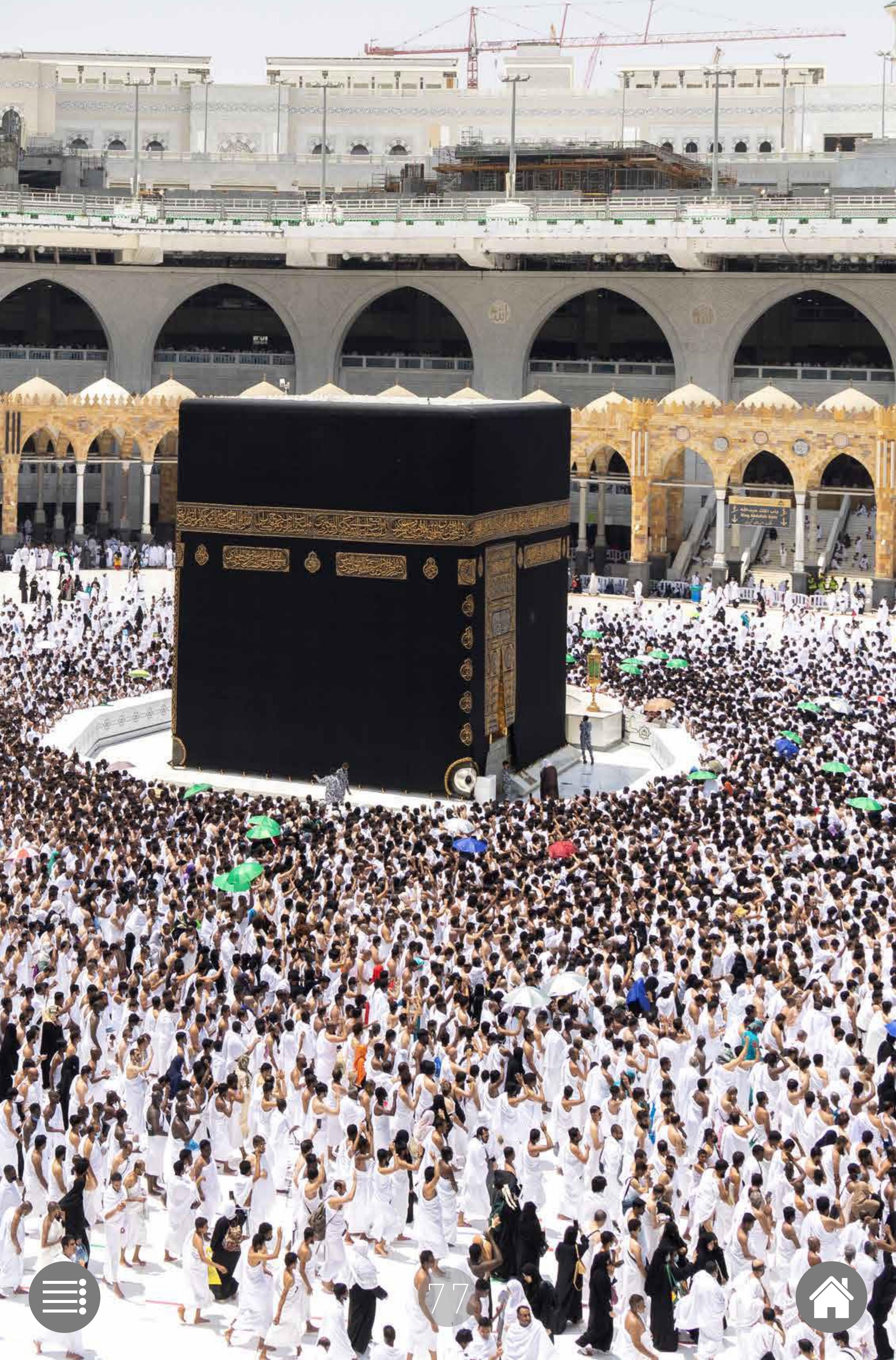


To reach the mosque of ‘Aishah, may Allah be pleased with her

[Click here](#)



**Being satisfied with performing only one Umrah during the busy seasons helps reduce stampedes and leaves an opportunity for other pilgrims who were unable to perform Umrah to perform their Umrah in peace and tranquility.**





# Health Tips

To regulate body temperature, avoid fatigue and compensate for the loss of fluids:

We recommend drinking large amounts of Zamzam water, bottled water, and juices.

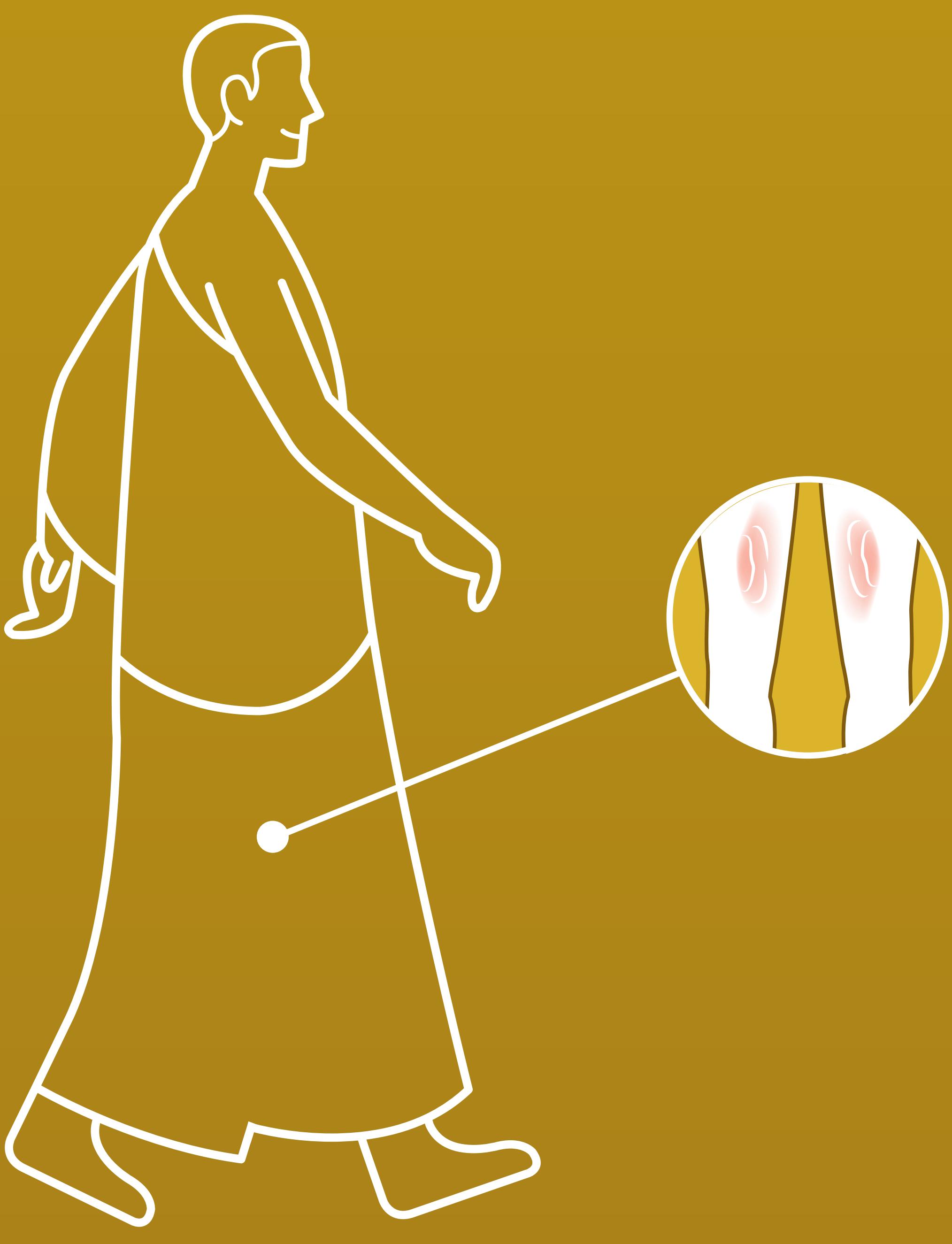




## To protect your feet when walking on tiles:

- Take a break when you feel tired.
- Avoid walking barefoot for a long time.
- Do not walk barefoot on the tiles of the outer squares.





## How do I protect myself from skin abrasions?

- Clean and shower before Umrah.
- Use ointments between your thighs (available at pharmacies).
- Apply anti-fungal powder.





# Shopping Centres Around the Grand Mosque

There are a number of shopping centres and restaurants near the Grand Mosque, including:

**Makkah  
Towers**

**King Abdul Aziz  
Endowment**

**Al-Khalil  
Square**

**Jabal Umar  
Towers**





# Performing Umrah in Ramadan

Umrah has great virtues at all times. It is one of those deeds which expiate sins, as the Prophet ﷺ informed us. But during Ramadan, Umrah has a special virtue.



## The reward for performing Umrah in Ramadhan:

The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said: "...For an Umrah in Ramadan equals Hajj (in reward)."





# Umrah

## Permit

The pilgrim must, before traveling to perform Umrah, make sure that he meets the requirements in order to issue an Umrah permit.

**The pilgrim can obtain the permit and verify it through the Nusuk App**



**To issue an Umrah permit, all you have to do is follow these steps:**

**1**



Select the desired service, and choose the day and time.

**2**



Your identity **will be verified**.

**3**



**After that, the permit will be issued** according to the available date.





In order for the pilgrim to complete the rituals with ease, **he must commit to performing them on the specified times.**

These times will appear when obtaining the Umrah permit.



**Choosing the times with less crowding** helps one to complete the Umrah with reverence and tranquility.

# Checklist

Obtain the **Umrah permit**.



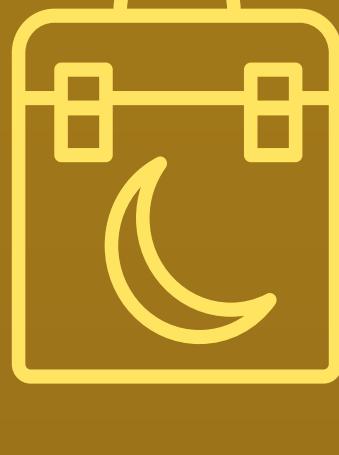
Get enough **rest**.



Take your usual **medication**.



Carry **emergency** **medication** with you if needed.



# Important Contact Numbers

**911**

**For emergency and security  
services**

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**937**

**Medical consultations and inquiries**

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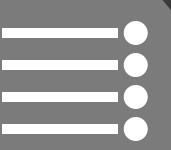
**920002814**

**Ministry of Hajj and Umrah call center  
to answer inquiries from pilgrims**

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**1966**

**For inquiries about the Grand Mosque  
and the Prophet's Mosque**



**You can obtain the rest of the guides by visiting the website of the Ministry of Hajj and Umrah (by clicking [here](#)).**

In these guides, you will find all the instructions and directions which will help you perform the Hajj rituals with ease and confidence.



Strategic partner

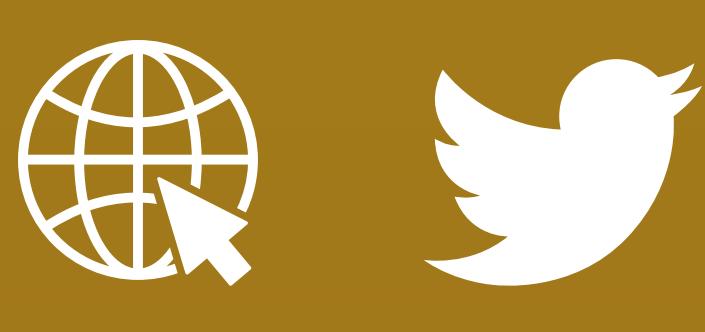


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