

# ‘UMRAH

## An Information Guide





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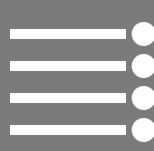
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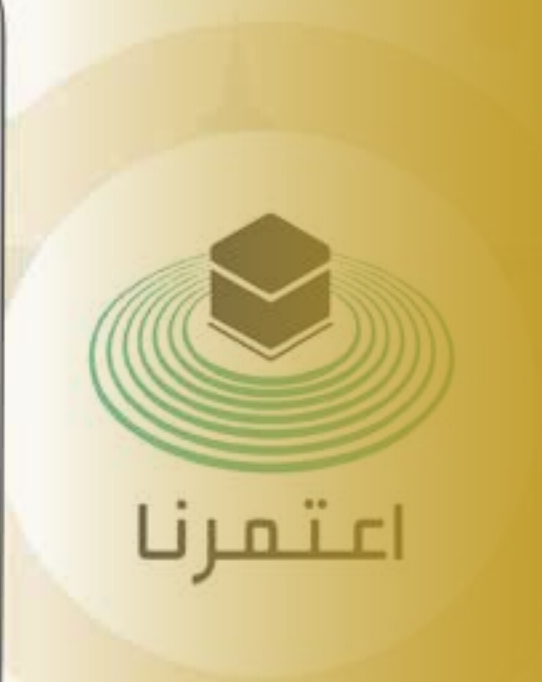




▶ Shopping centres  
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▶ Performing 'Umrah  
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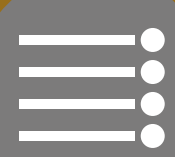
Important  
numbers



# Umrah

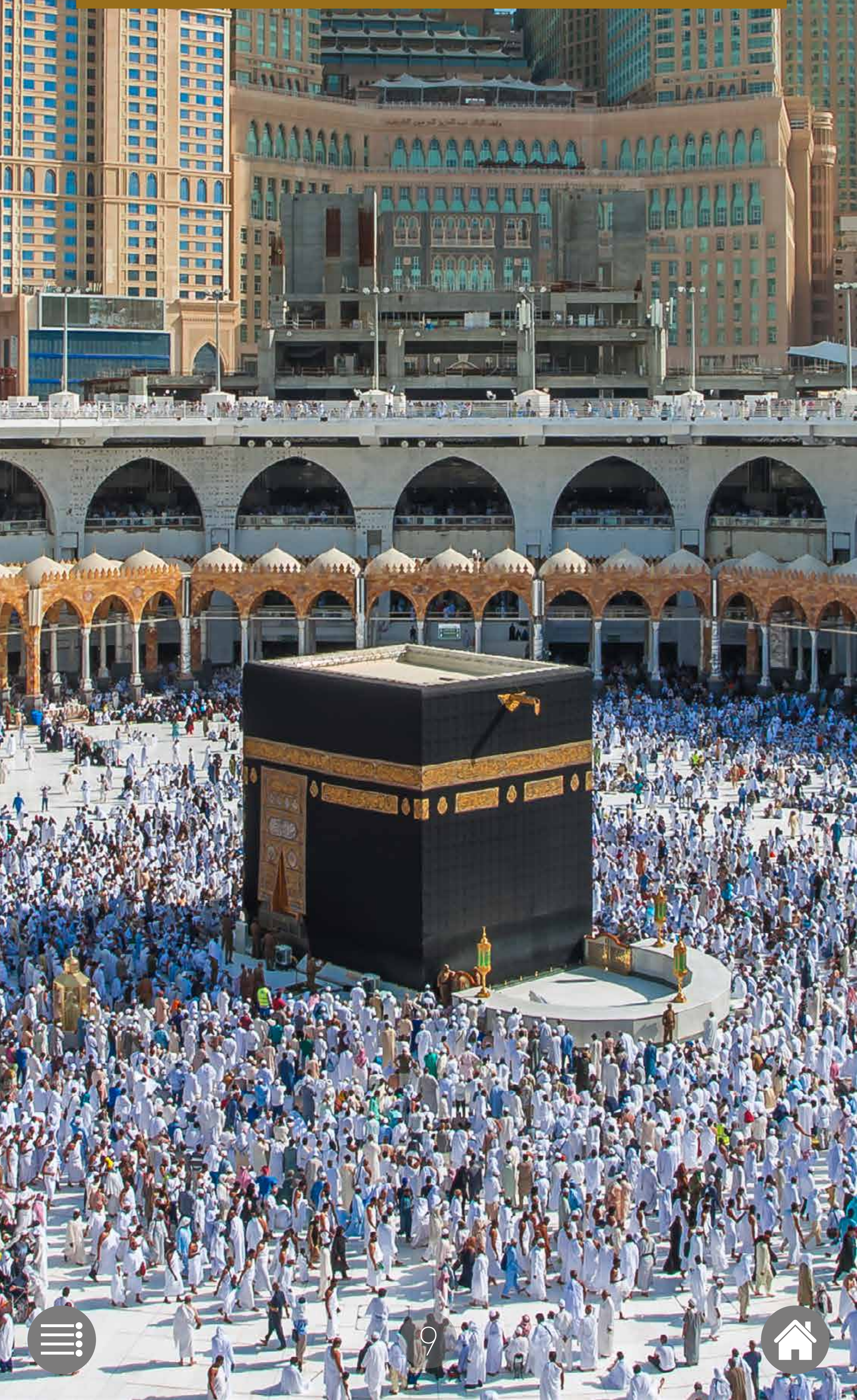


Umrah is one of the best deeds and one of the best acts which draw you closer to Allah. When performing 'Umrah, the pilgrim turns to the House of his Lord with his heart, tongue, limbs, and seeks His mercy and pleasure.





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





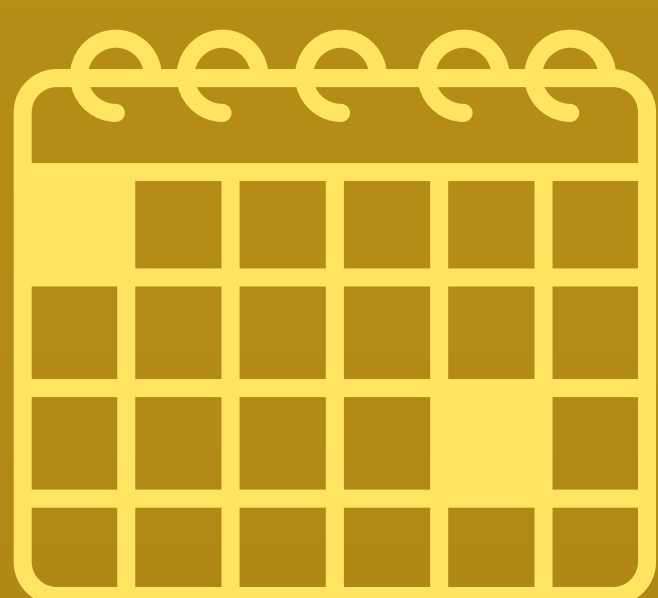


# The virtues of ‘Umrah

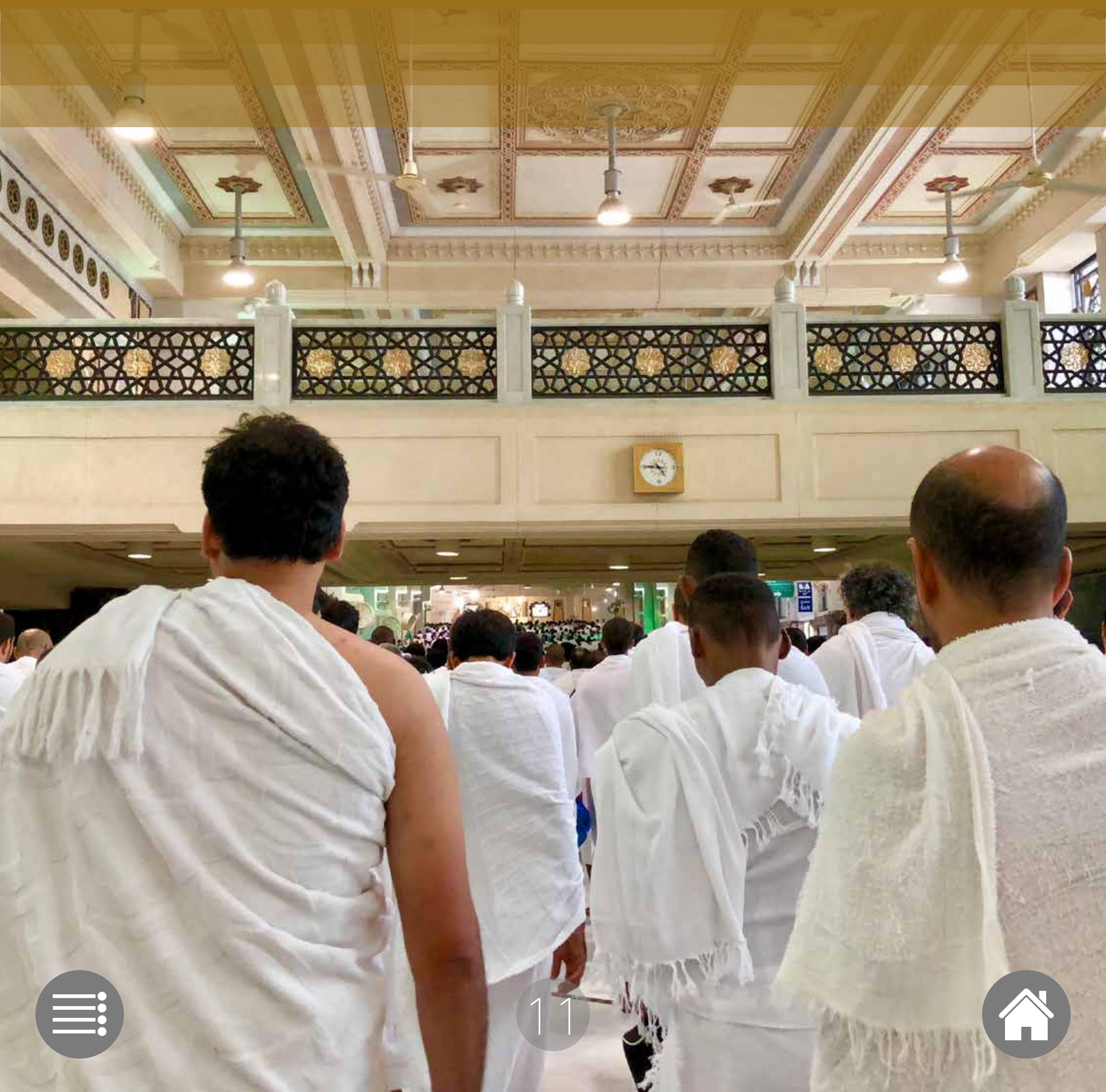
Here are some of the many virtues of ‘Umrah:

- It cleanses from sins and reduces 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 ﷺ 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, circumambulating the House, running 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-Al-laahumma labbayk, labbayka laa shareeka laka labbayk. Innal hamda wan-ni’matah laka wal-mulk, laa shareeka lak”* (“At your service, o Allah, at Your service! At Your service, there is no partner for You, at Your service! Indeed all praise and grace belong to You, and so does the supreme authority, You have no partner.”)

(For more information concerning the Ihraam, download THE IHRAAM A Guide for Pilgrims)

[Click here](#)









# 3



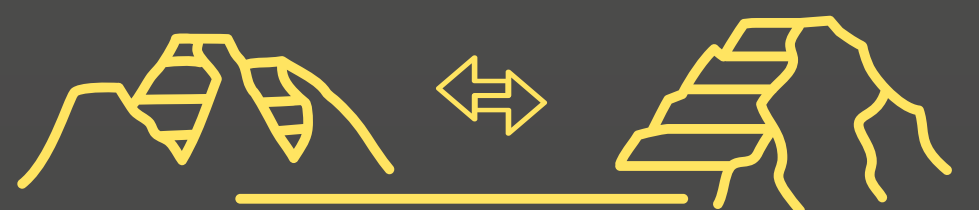
He goes to the Sanctuary (Haram), circum-ambulating the Ka'bah seven times, with the Ka'bah to his left. He begins at the Black Stone and ends at the Black Stone.

# 4



He prays two rak'ahs after completion.

# 5



He heads to Safa, and from here he starts the quest towards Marwah. If he reaches Marwah, he has completed one circuit. Then he returns to Safa to complete the second circuit, and so on, until he completes 7 circuits, ending in Marwah.





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 has been completed and the Ihraam ends.**

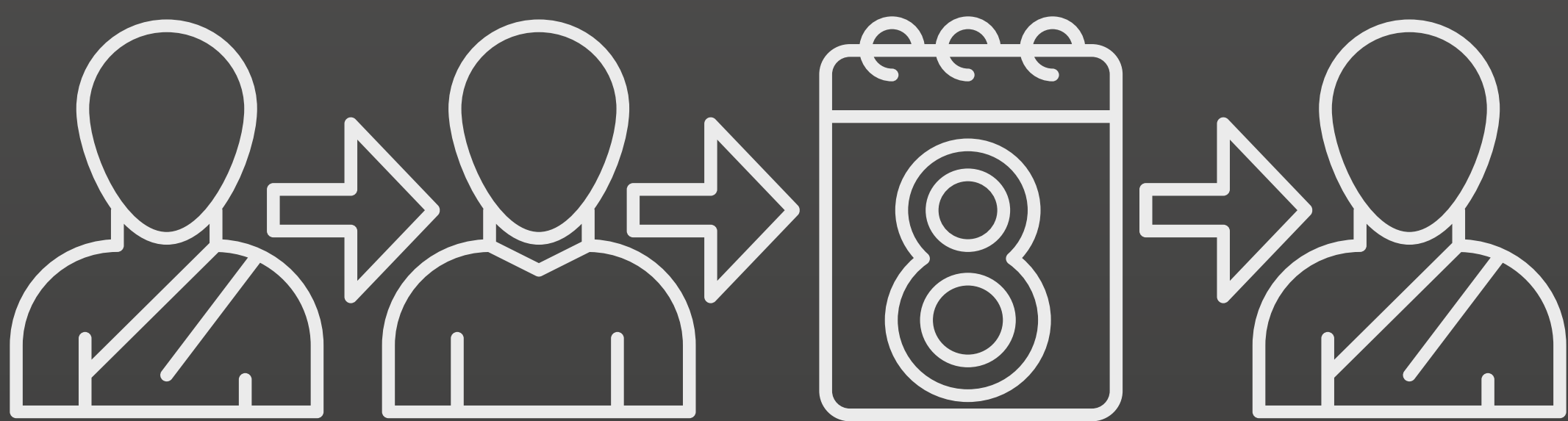




# The 'Umrah of the person who performs Hajj At-Tamattu



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.





# The method of performing At-Tamattu



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



- When he reaches Makkah, he performs Tawaf and performs 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 alone and performs all its actions.



# How to reach the Sanctuary (Haram)

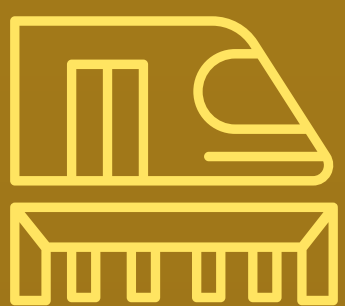
There are different ways to get from the airport to the Sanctuary (Haram):



**Taxis**



**Buses of Hajj and 'Umrah companies.**



**The Haramain Train.**



**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 on Prince Mutaab Road  
(Al Masafi Tunnels)**

**The parking lot of Al  
Zaher.**

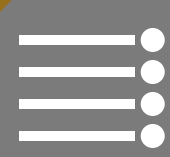
**The Kuday parking  
lot.**

**The parking lot at the  
Jamarat**

**The parking lot of  
Ar-Rusayfah**

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

**The parking lot at  
Al Haramain Train  
Station**







From there, buses are available to serve pilgrims performing Hajj and ‘Umrah, taking them directly from all car parks to the Sanctuary (Haram).





A photograph of the Al-Haramain Express Train at a modern train station. The train is white with green and gold accents. Several people in white thobes are standing on the platform. The station has a high, arched ceiling with large circular skylights.

# Al-Haramain Express Train



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.

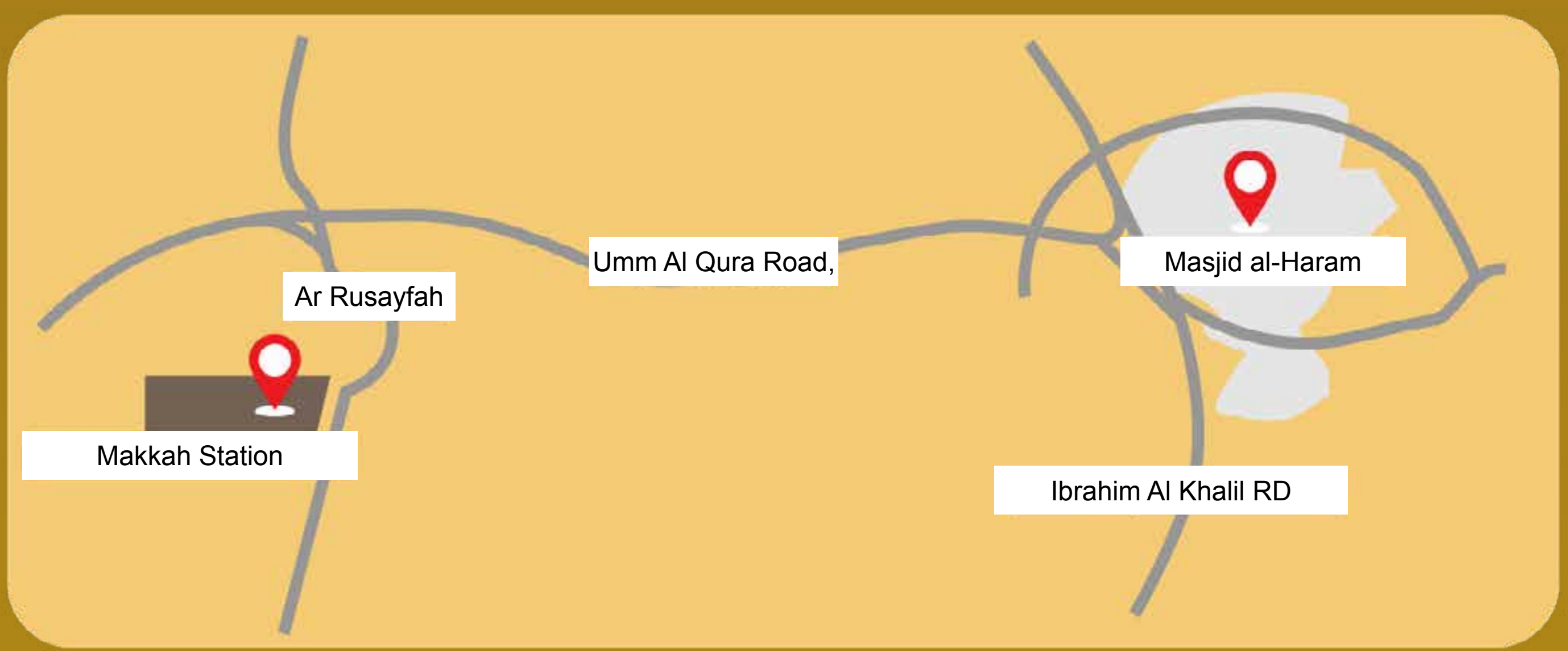


## The location of the Makkah train station:

The station is located in Al-Rusaifa District, 3.5km from the Sacred Mosque.

There are

**4750** parking spaces



and dedicated buses for transportation from Makkah Al-Mukarramah Station to the Sanctuary (Al-Haram).





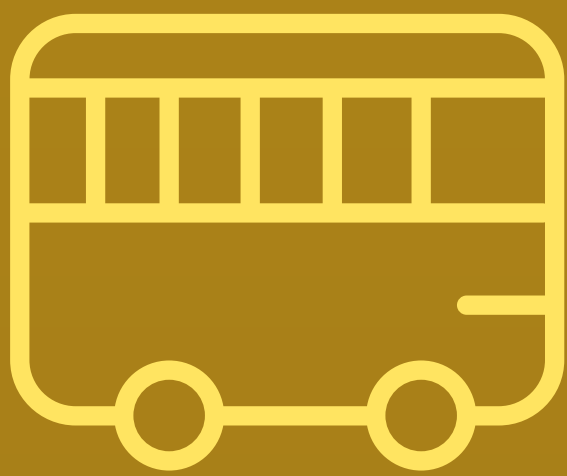
## Important Instructions:



You can book a ticket through the Al Haramain Train website.



Check your baggage allowance through the website.



At the train station, there are buses and taxis which take you to the Sanctuary (Haram).



Make sure to arrive at the train station on time.

**For reservations  
and appointments**

**click here**







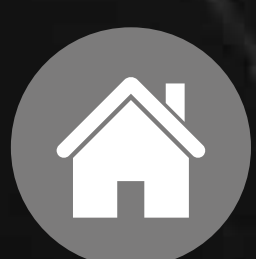
# Important advices before arriving at the Sanctuary (Haram)

The pilgrim should not go to the Sanctuary (Haram) until after full coordination with the official of the group with whom he came, in order to know the exact time for performing 'Umrah. It is also important to clearly know the location of his residence, and to note the address of this residence on his mobile phone or on a piece of paper.



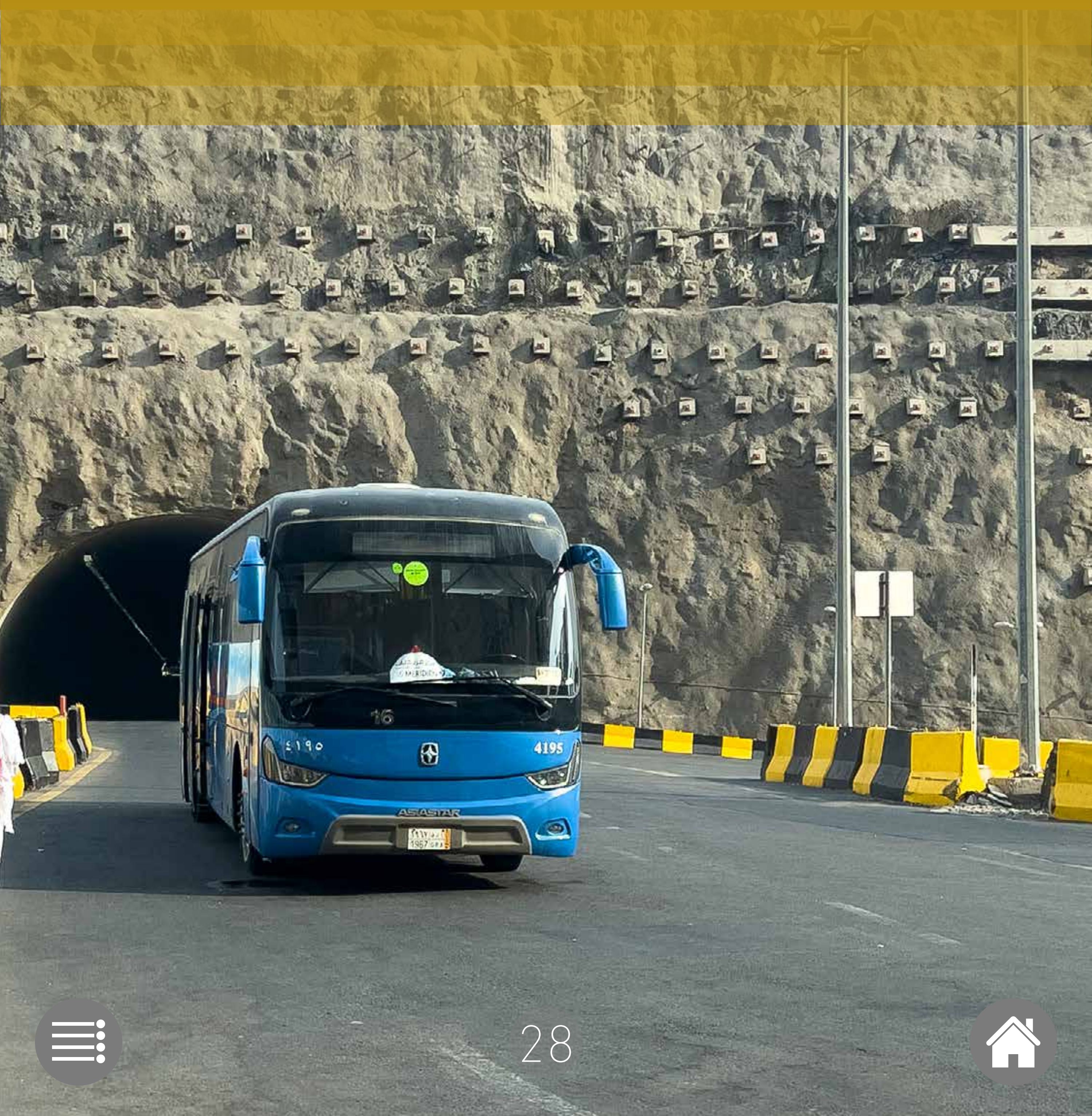


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المنطقة  
AL-SAL - TAF  
المنشآت  
MINA - ARAFAT  
المسجد  
AL-MASJID  
AL-HARAM  
طريق المدينة المنورة  
JEDDAH  
AL MADINAH ROAD  
طريق المسجد الحرام  
AL MASJID AL HARAM ROAD





**In the event that you are coming to the Sanctuary (Haram) 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 Sanctuary (Haram), you will find panels in front of the gates showing those coming from far 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 Sanctuary and its squares and services, so here are the most important warnings for when using the escalators:





# 1



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

# 2



Stand firmly on the escalator and hold your hand on 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 the escalator reaches the end so that people do not collide with you from behind.





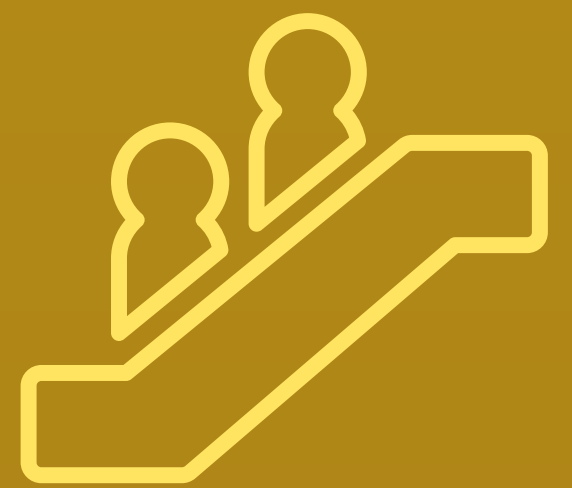


# 5



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 people or annoy the 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.



# The circumambulation (Tawaf)



**Circumambulation (Tawaf)** is an act of worship to Allah in which the Muslim performs circumambulation around His Holy House (the Ka'bah), worshipping the Lord of the House and drawing close to Him according to what He has prescribed.





## Beginning and end of the circumambulation:

- The pilgrim performing Hajj or ‘Umrah begins his circumambulation 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 do *Takbir* (saying “Allaahu Akbar”) in each round when he passes the Black Stone, But it is not a condition that the *Takbir* should be done exactly at this point. It is not the case that it is not valid to say the *Takbir* before or after it; rather one can do Takbir somewhere near this point. So if the pilgrim finds himself past the Black Stone, he can still say *Takbir*.



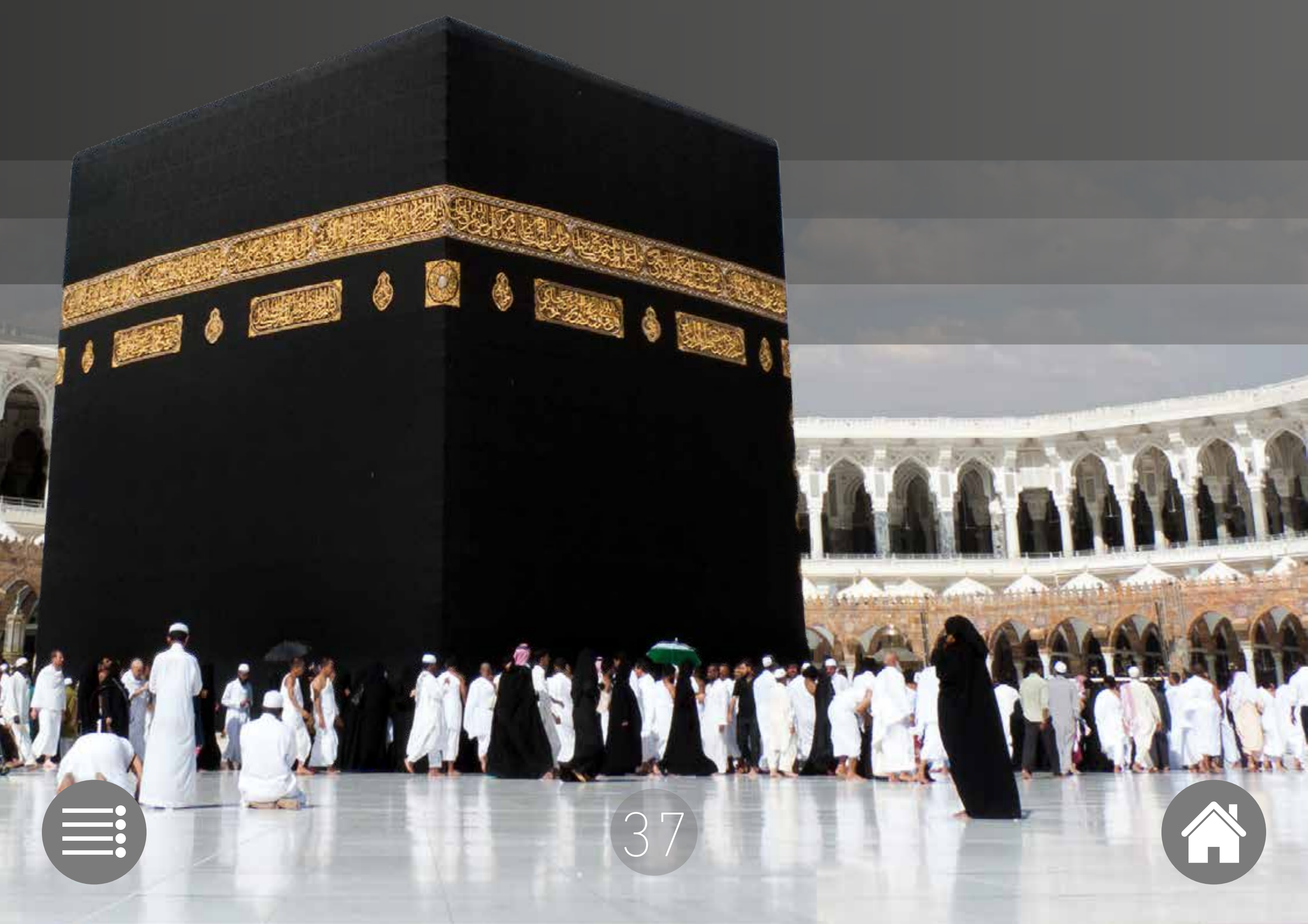


- He says the *Takbir* and points with his hand to the Black Stone, then begins his circumambulation with the Ka'bah to his left (counterclockwise). Kissing the Black Stone is a Sunnah for those who are able to do so, but this is difficult during the festive seasons and days with big crowds.



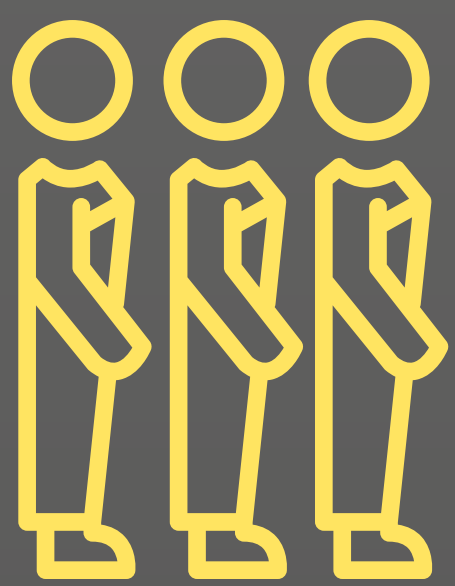


- He continues his circumambulation, supplicating Allah and praying humbly to Him.
- If he reaches the corner which precedes the Black Stone, called the Yamaani corner, it is desirable for him to wipe over it if possible, even though this will be difficult during the Hajj season.
- Then he ends his circuit at the corner of the Black Stone, which is the place from which he started. Here, he points with his hand and says the *Takbir*, and with this he has completed one circuit.
- He repeats this until he completes 7 circuits.





## General tips while circumambulating:



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



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



- Avoid places with big crowds and pushing.



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



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

**[clicking here](#)**



## From the Sunnahs of Tawaf



**Al-Ithtiba:** This is a special way of wearing the robe for a man, by which he brings out his right shoulder, following the example of the Prophet Muhammad ﷺ.







**Ar-Ramal:** Ar-Ramal is the fast walking of the man with small footsteps (not jogging) during the first three circuits of his circumambulation if that is possible (without harming the people around you). Then, the remaining four circuits are completed in a normal walking pace.



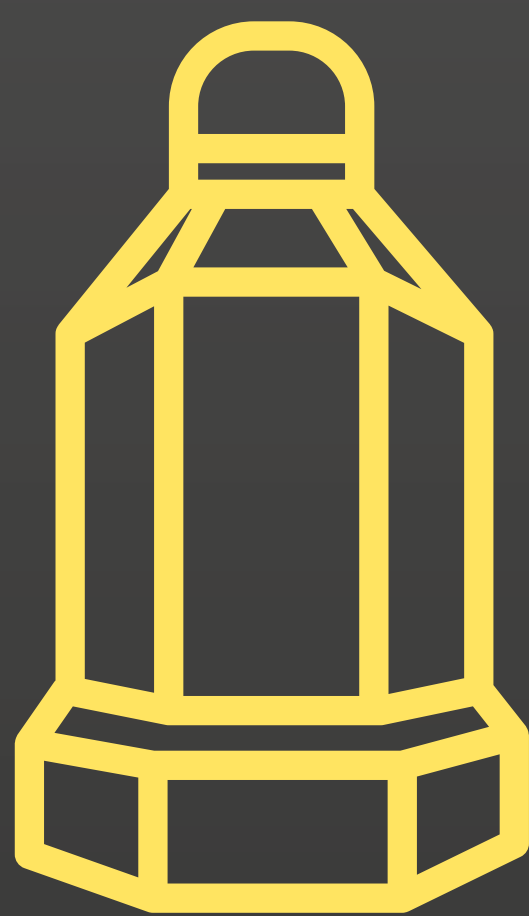
**Supplication (du'aa):** Increase your supplications and invocations to Allah for what matters to you and preoccupies your heart. It is Sunnah to say at the last part of the circumambulation between the Yemeni Corner and the Black Stone by reciting “*Rabbanaa aatinaa fid-dunyaa hassanatan wa fil aakhirati 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'ahs of prayer after the circumambulation (Tawaaf)

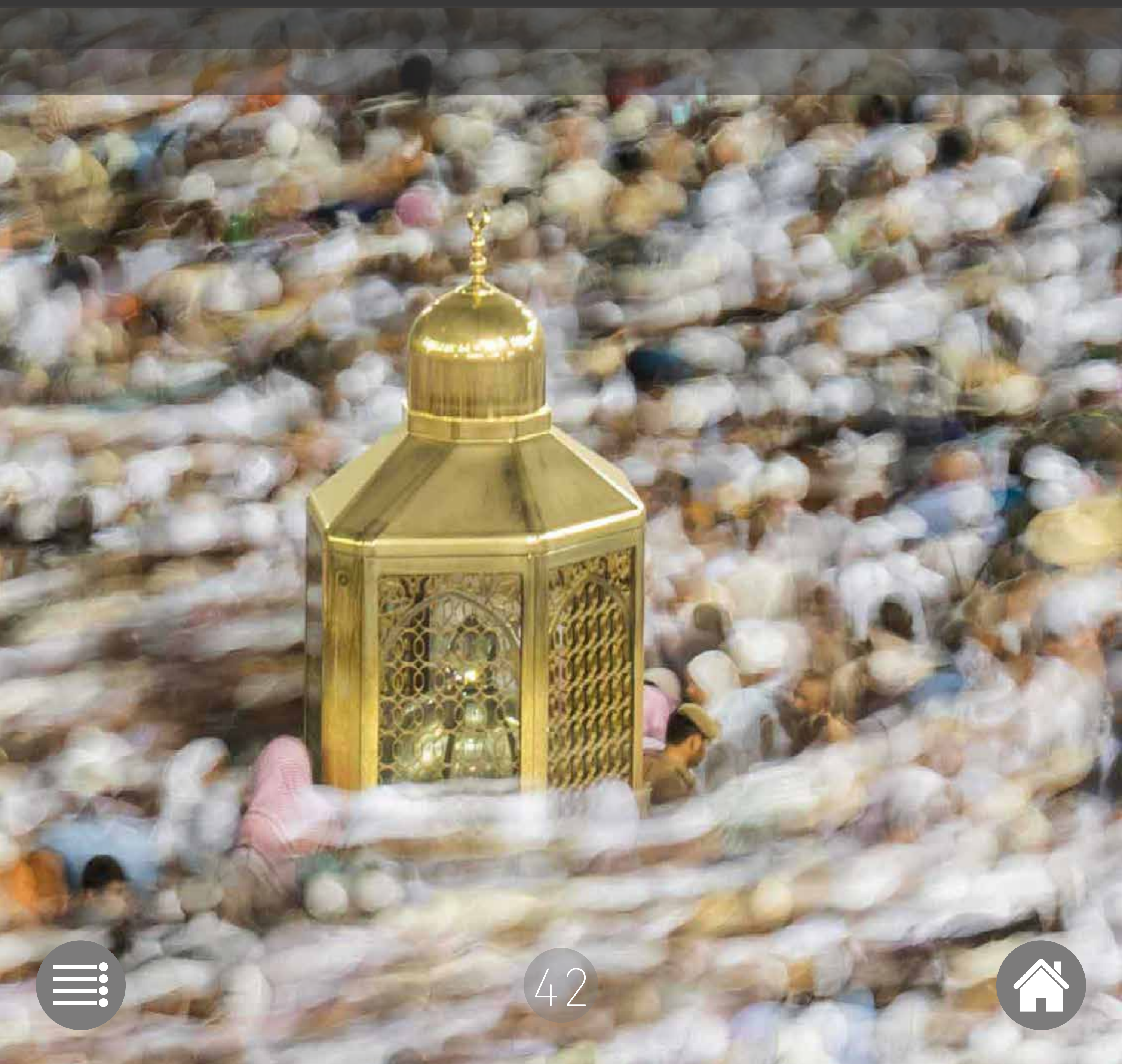
If the pilgrim performing Hajj or 'Umrah has completed the seven circuits, he should cover his shoulder. Then, it is Sunnah for him to pray two swift Rak'ahs behind the Maqaam of Ibraahim according to the place designated by the responsible authorities, or he may pray them anywhere in the Sacred Mosque (Haram). Allah the Exalted said: ***“Take to yourselves Abraham’s station for a place of prayer.”*** [Surah Al-Baqarah, Aayah 125].





## The right place to perform the two Rak'ahs after circumambulation:

- The pilgrim prays them anywhere in the sanctuary, according to the instructions of the policemen at that specific time.
- But if it is easy for him to pray so that the Maqaam of Ibraahim is in front of him, even from a far place, then this is desirable, because Allah the Exalted says: ***“Take to yourselves Abraham’s station for a place of prayer.”***







- Beware of irritating the people circum-ambulating the Ka'bah or disrupting their circumambulation, for the person circumambulating the Ka'bah has priority and more right to be there. Allah mentioned them first in His Book when He said: ***“Purify My house for those who go around and those who meditate therein and those who bow down and prostrate themselves (in worship).”***

**It is Sunnah to recite Surah Al-Kaa-firoon in the first rak'ah and Surah Al-Ikhlaas in the second.**



- The Messenger of Allah ﷺ drank from Zamzam after he finished his circumambulation, and it is Sunnah to follow him in that. This is very easy nowadays on your way to the Sa'i and inside the place of Sa'i, as Zamzam water dispensers are spread throughout the Sacred Mosque (Haram).





# As-Sa'i: how to reach the place of Sa'i



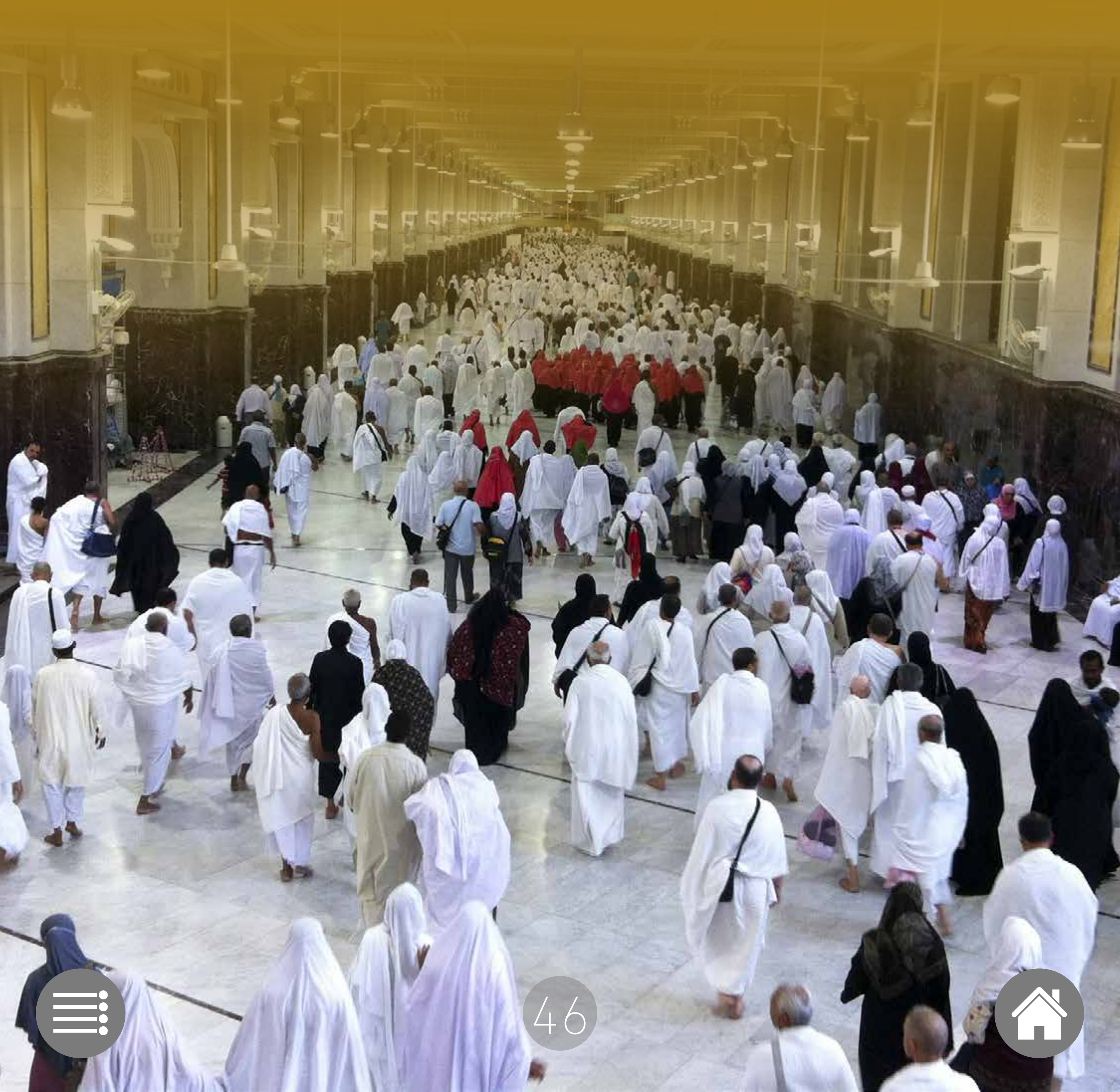
- When you finish your circumambulation, you will find inside the Sacred Mosque guiding panels which guide you to the place of Sa'i and point towards Safa, where the starting point of the Sa'i is.





We advise you, after you have completed the circumambulation in the courtyard, to head to the place of Sa'i on the upper floors:

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







**To go to the upper floors of the place for Sa'i:**

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







# Safa and Marwa

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

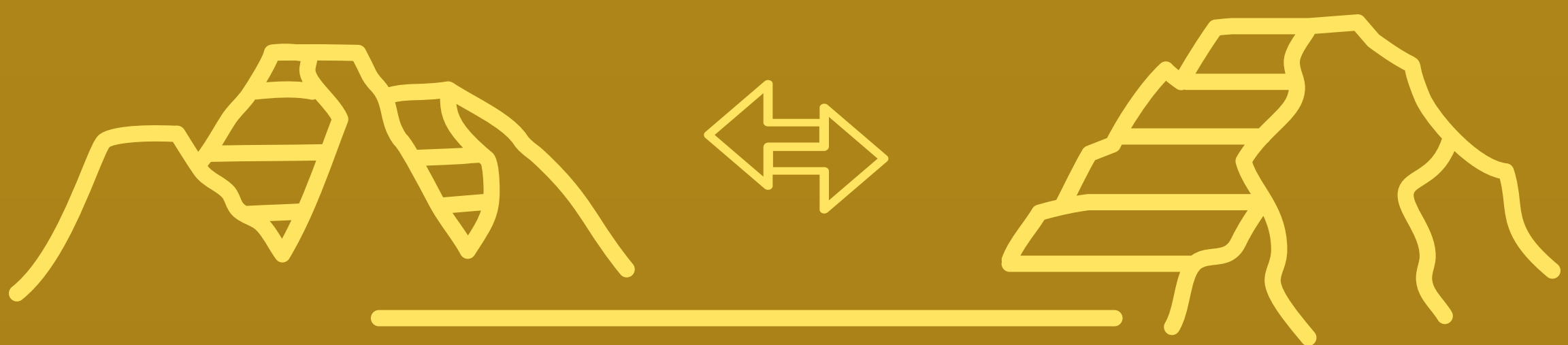
## Safa:

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



## Marwa:

- A small hill where the Sa'i ends.
- The Sa'i of people performing Hajj and 'Umrah ends here.



Sa'i between Safa and Marwa is one of the indications of Hajj and 'Umrah:

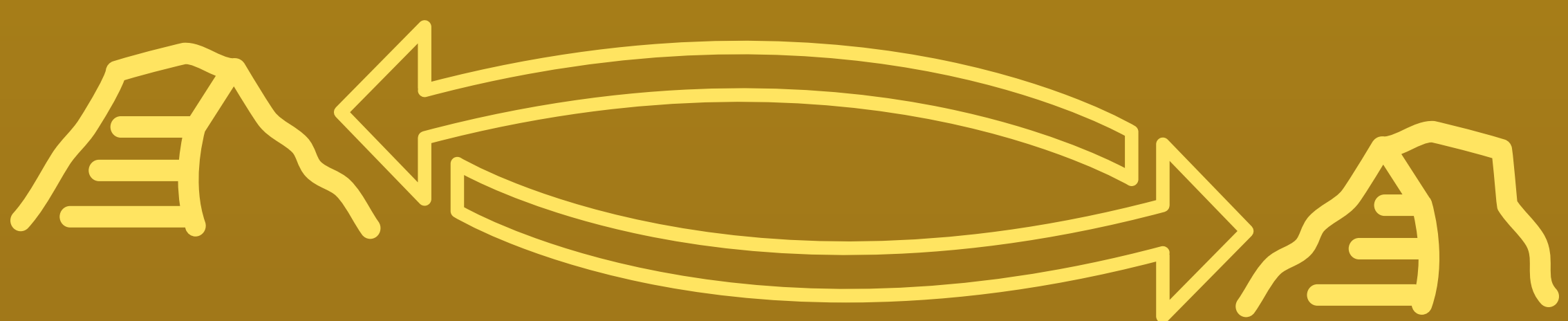
Allah the Exalted said: ***“Lo! (the mountains) As-Safa and Al-Marwah are among the indications of Allah.”***





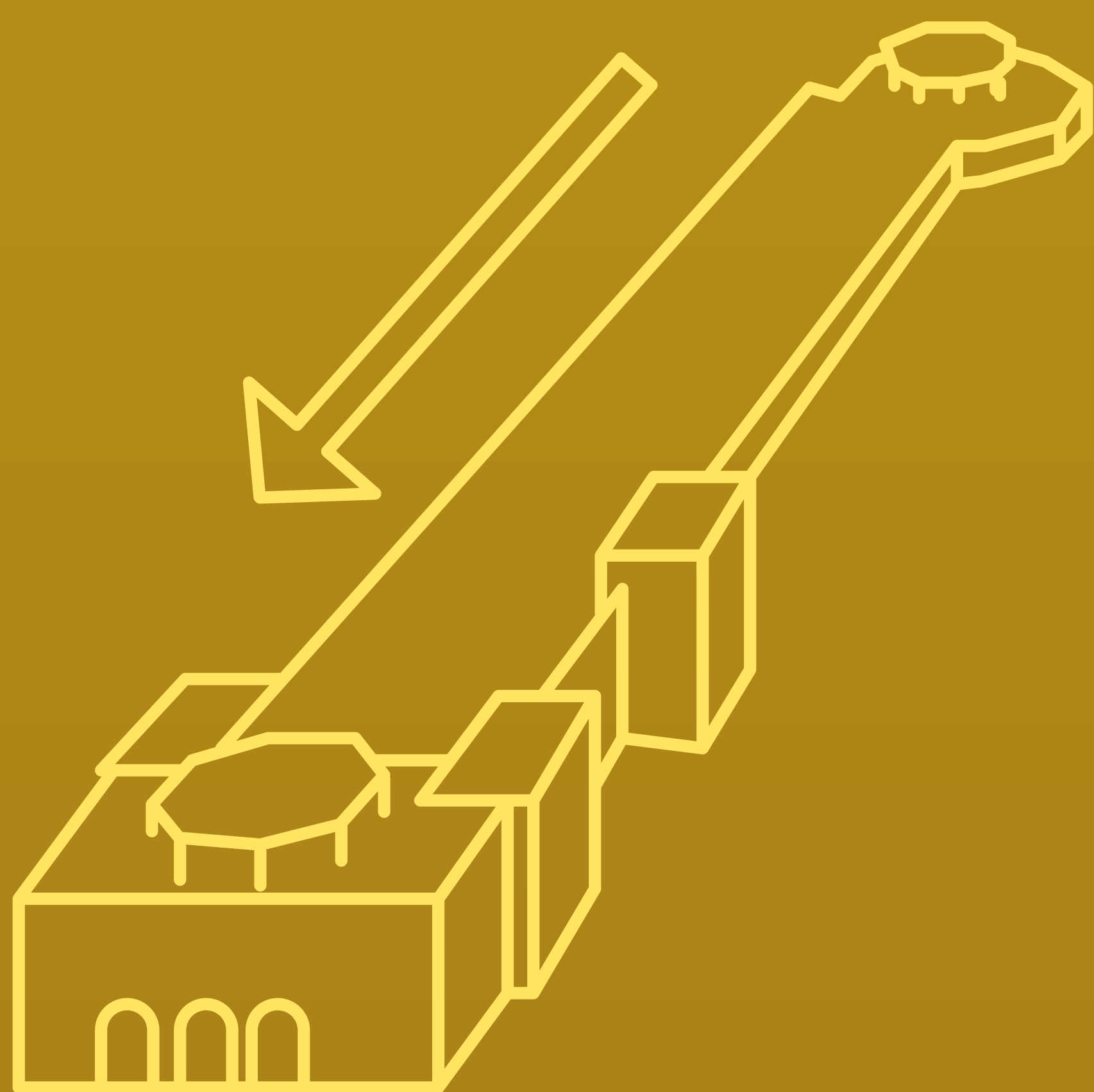
# A description of the Sa'i

The pilgrim worships his Lord by walking the distance between Safa and Marwa 7 times, as his Noble Messenger ﷺ did.

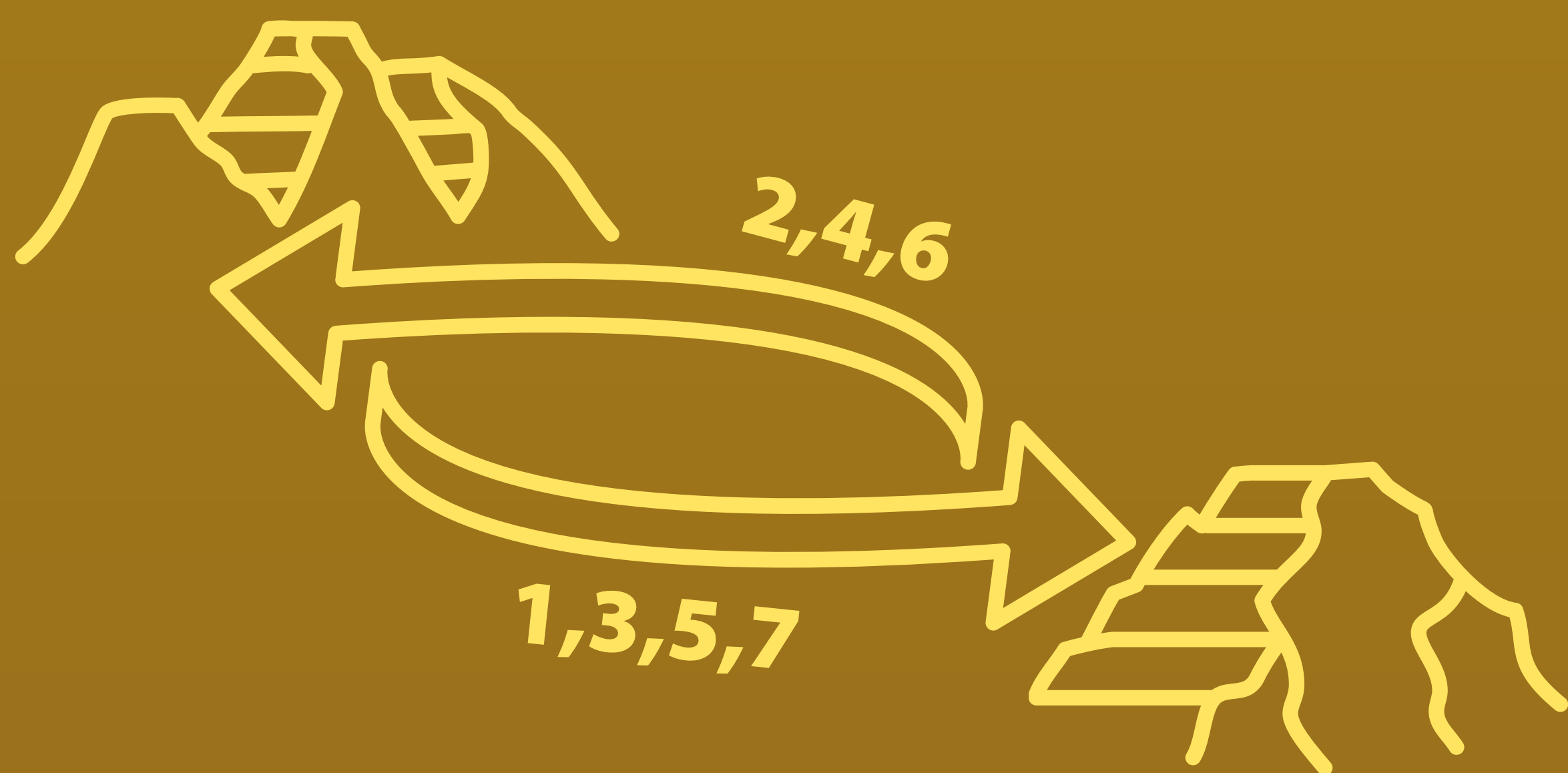




One starts his Sa'i in Safa and ends it in Marwa.



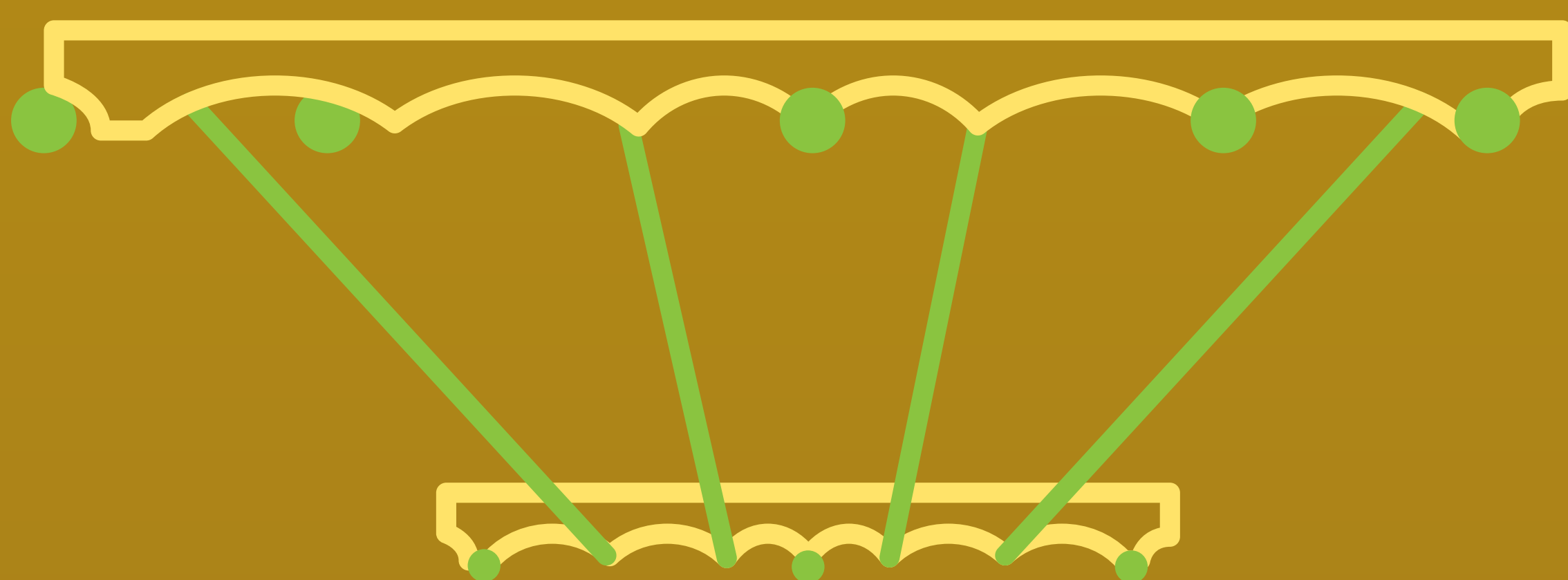
- Walking the distance from Safa to Marwa is considered as one circuit.
- From Marwa to Safa is considered as the second circuit, etc.





## The two green signs:

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





# Supplication at the place of Sa'i

## Supplication at the place of Sa'i:

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





## Supplication at the beginning of Safa and Marwah:

When the Sa'i arrives at the beginning of Safa or Marwah, it is Sunnah for him to raise his hands towards the Qiblah at the beginning of each circuit and supplicate to Allah by reciting *"Allahu akbar"* before starting a new circuit.



### The supplication of Allah's Messenger

ﷺ:

When the Messenger of Allah ﷺ first reached Safa after the circumambulation, he would recite the Words of Allah the Exalted: ***"Lo! (the mountains) As-Safa and Al-Marwah are among the indications of Allah."*** Then he said: "Begin with what Allah begun with." (meaning Safa before Marwah).







When climbing up Safa and Marwa, the Prophet ﷺ used to face the Qiblah and recite:

*“Allaahu akbar, Allaahu akbar, Allaahu akbar, laa ilaaha il-Allaah, wahdahu, laa shareeka lahu, lahul mulku wa lahul-hamdu wa huwa ‘aala kulli shay’in qadeer. Laa ilaaha il-Allaahu wahdahu. Anjaza wa’dahu, wa nasara ‘abdahu, wa hazamal-ahzaaba wahdahu.”* (Allah is greater, Allah is greater, Allah is greater. There is no god but Allah, One, there is no partner with Him. His is the Sovereignty, to Him praise is due and He is Powerful over everything. There is no god but Allah alone, Who fulfilled His promise, helped His servant and routed the confederates alone).

After that he supplicates with whatever he wishes, after that he repeats this remembrance, after that he supplicates with whatever he wishes, after that he repeats the remembrance, then he continues with his Sa’i.



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

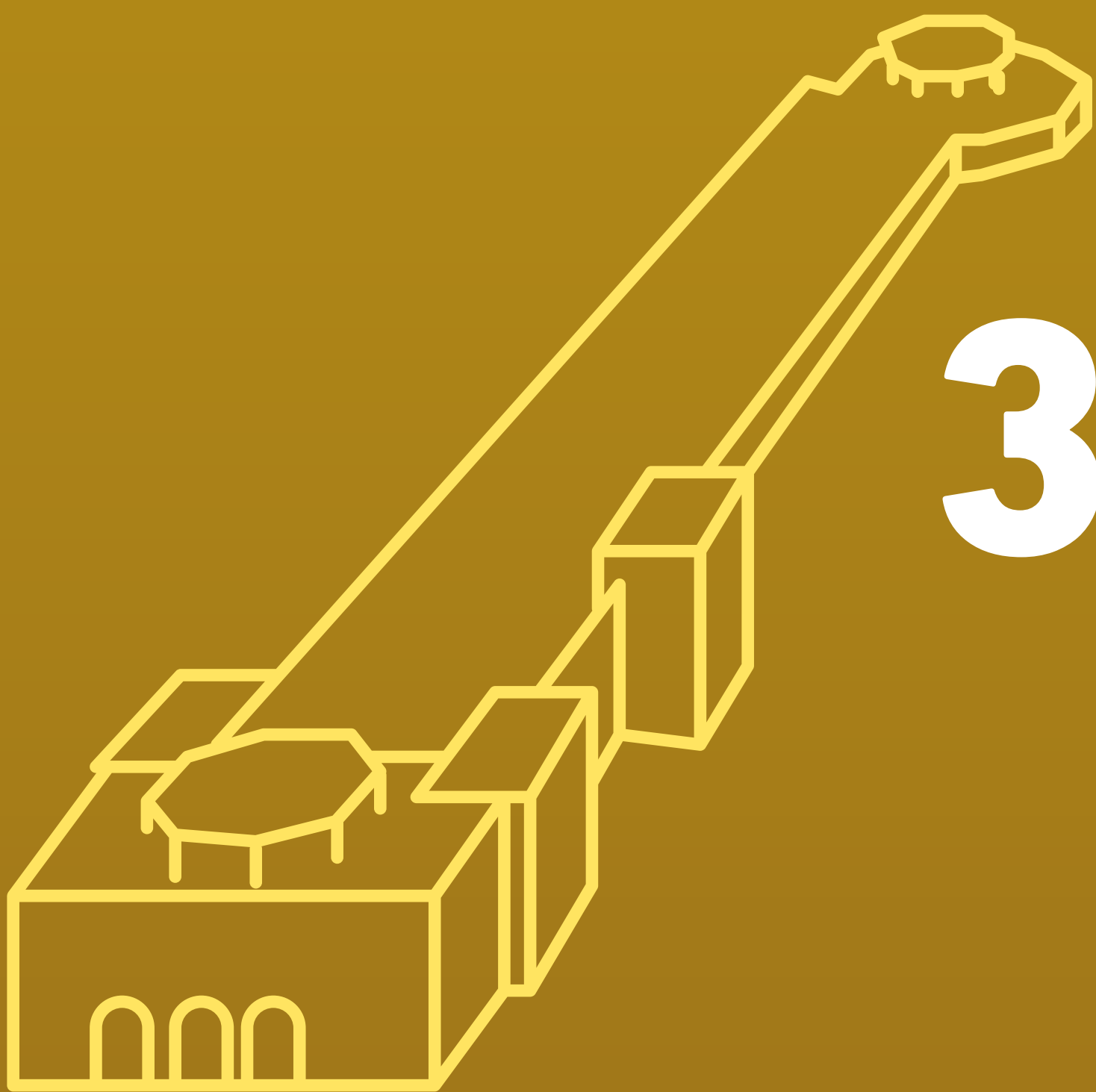






# Some facts and figures about the Sa'i

The length of the place for Sa'i is



**394m**



The average total length of the complete Sa'i is

# 2761.5m




The average time to complete the Sa'i is between

# 55-45 minutes



Walking speeds vary according to several factors, such as: continuity, height, weight, age, location, obstacles, crowding, and the duration of supplication.





# Several 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.

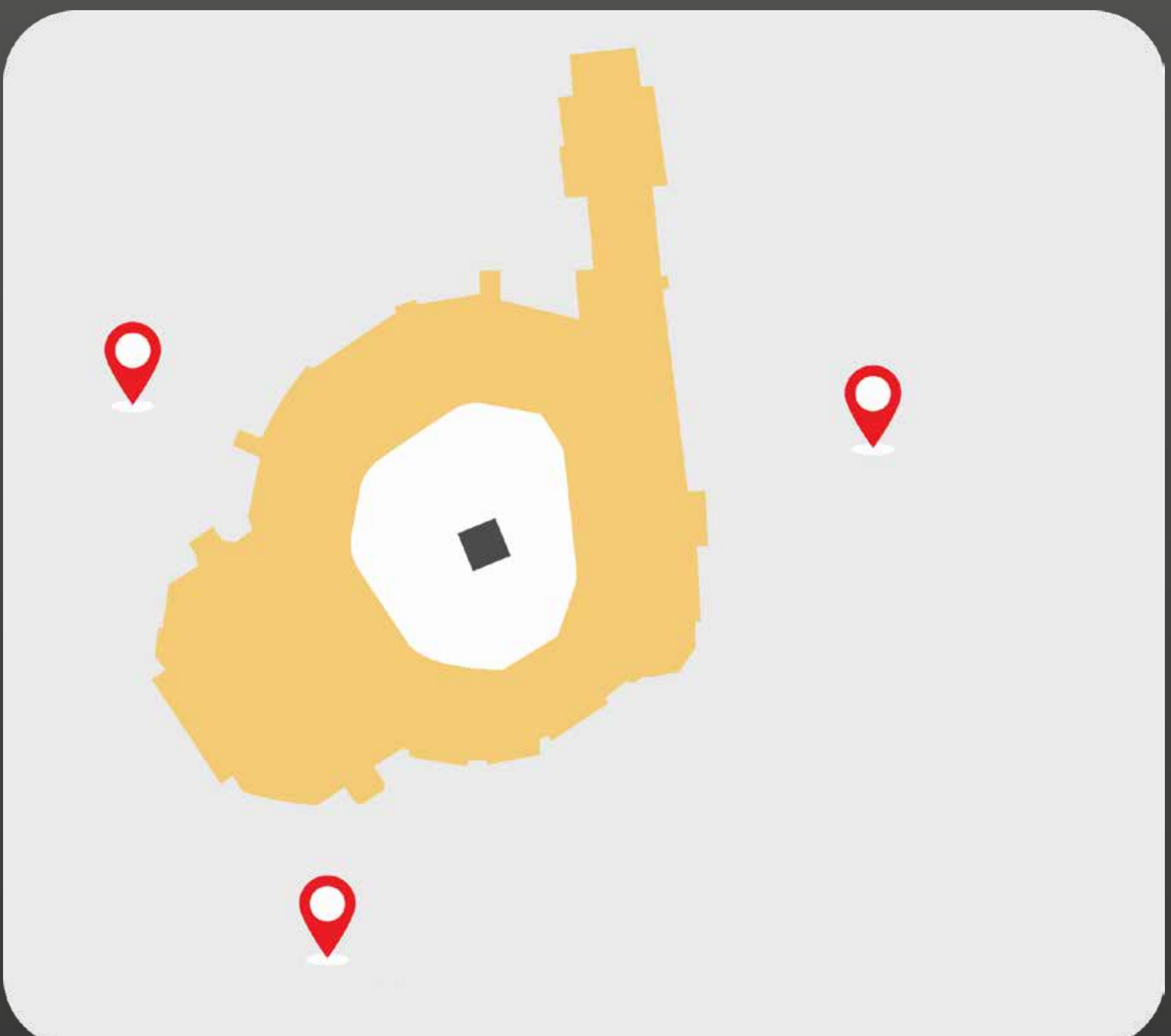




# Wheelchair service

**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).



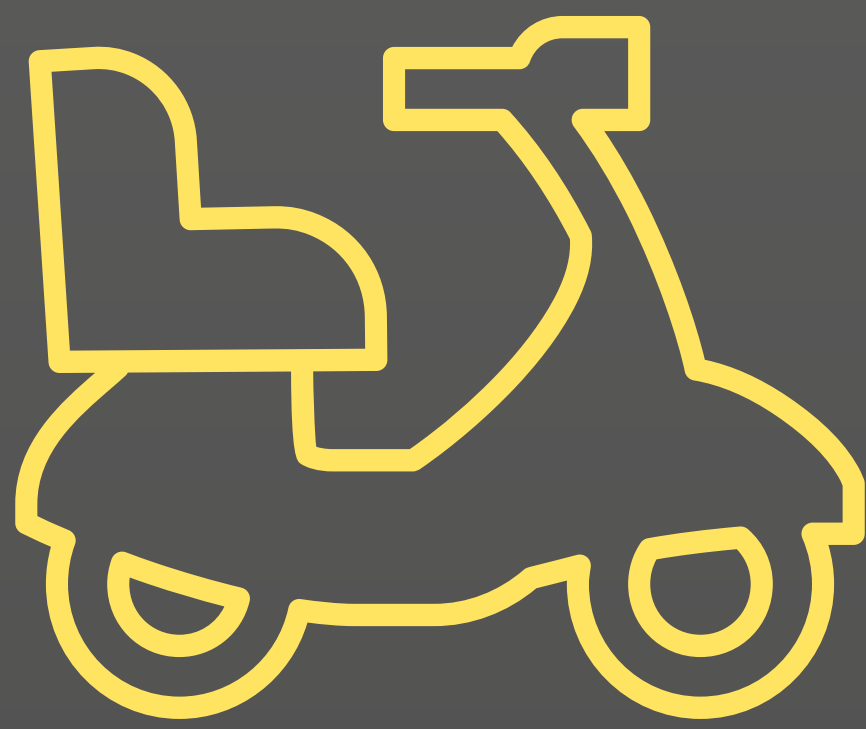






## Electric wheelchair:

An advanced means of transportation, aimed at providing convenience to the Hajj- and 'Umrah-pilgrims who need it during the performance of their rituals. These wheelchairs come in several different sizes.







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

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

1. The ground floor of the place of circumambulation.
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. The King Abdulaziz Endowment, may Allah have mercy on him.

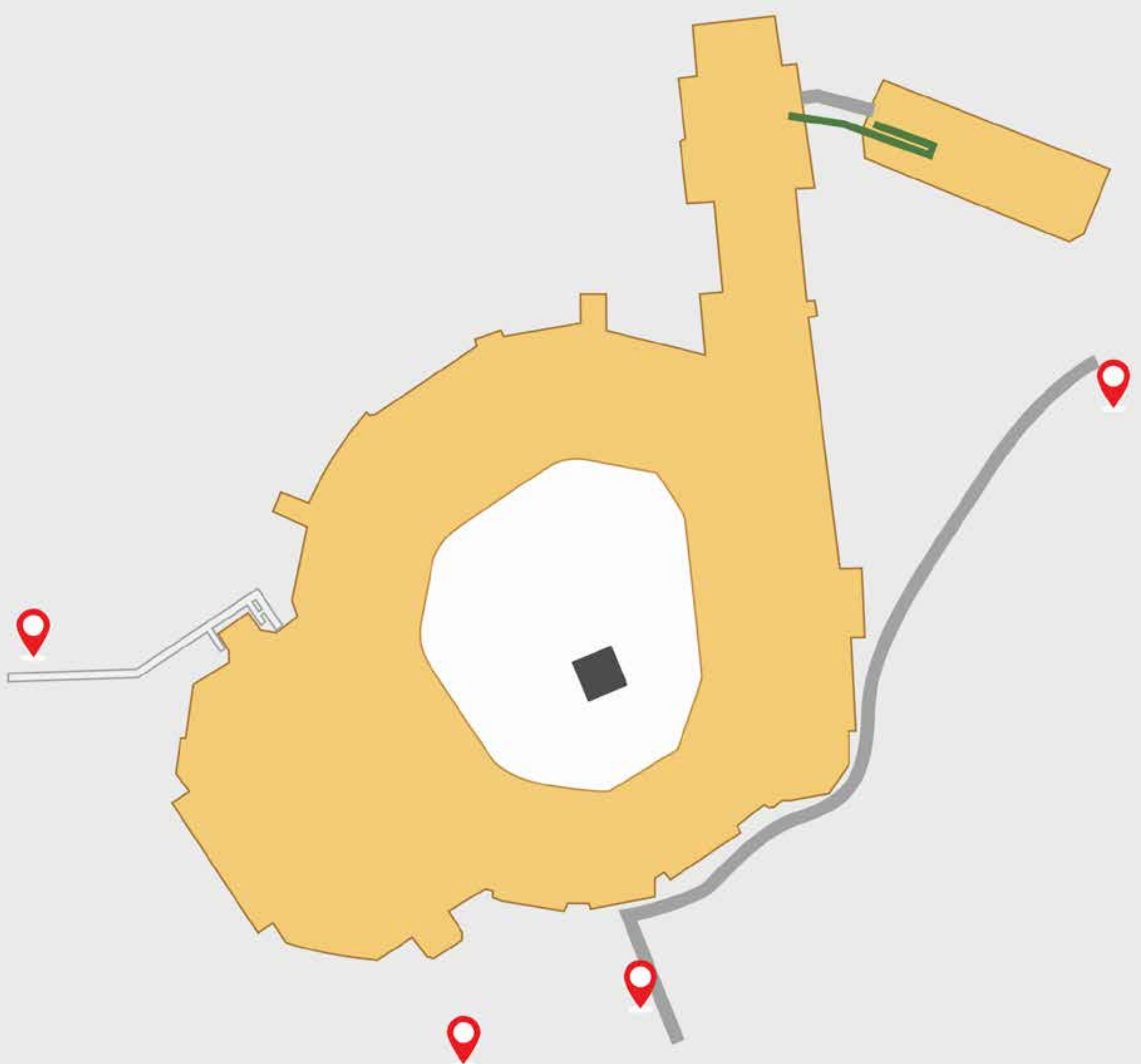




**The electric wheelchair service can be accessed from four entrances to the Sacred Mosque, which are:**

1. The eastern square (on the roof of Al-Qa-shashia).
2. The southern square (Ayyad Bridge leading to the first floor).
3. The escalator for the Ayyad gate.
4. The western square (Shbeika Bridge).

**The electric carts 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 application, and the wheelchair will be waiting for you at the following service points:**

- At the beginning of the Sa'i (Safa).
- The mezzanine floor (beginning of the circumambulation).



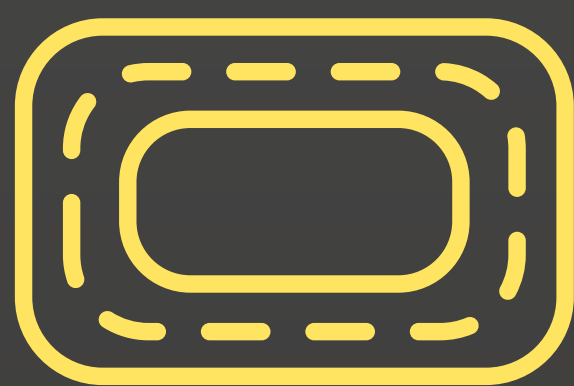




**To make the best use of the wheelchairs,  
we advise you to:**



Enter from the specified  
entrances.



Stick to the wheelchair tracks.





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 pilgrims, elderly worshippers, and people with special needs inside the Sacred Mosque.**





# Barber shops

- There are many shops which are authorised to shave pilgrims and others around the Sacred Mosque.
- They are equipped for a safe shave in a healthy environment.





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



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 cutting the previous pilgrim.
- That he washes his hands with soap and water before he starts shaving.



# Repeating your 'Umrah

It is recommended (mustahabb) 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 one and 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 pilgrims, it is permissible **to repeat the ‘Umrah on the same trip, for oneself or for others, if that does not cause hardship for the pilgrims.**

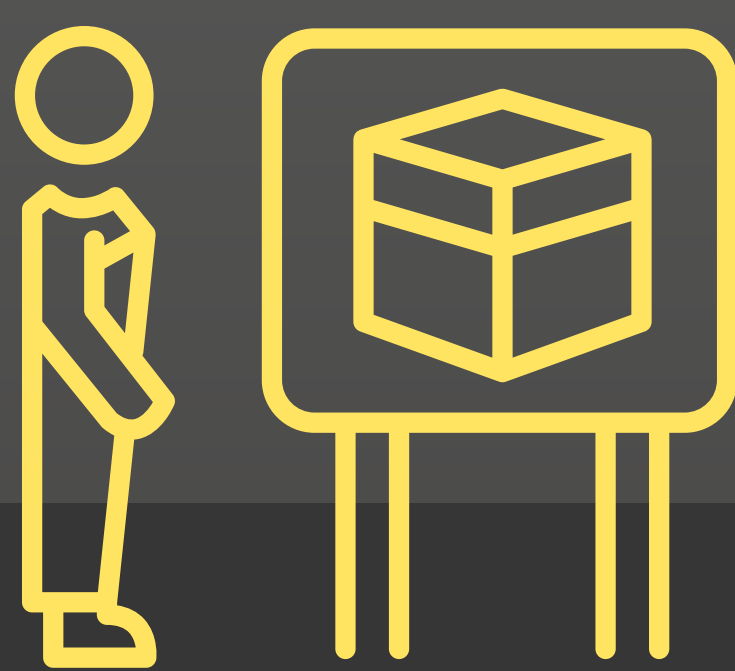
**Whoever wishes to perform ‘Umrah must obtain permission from the official applications to perform ‘Umrah at the time specified for him.**



**([Click here](#) to download the Tawakkalna app and the Eatmarna app).**



Whoever wants to perform 'Umrah and takes the official permit, must leave the boundaries of the Sanctuary (Haram) to enter the state of Ihraam from there. He can, for example, go out to the mosque of 'Aishah- may Allah be pleased with her- in Al-Tan'im and enter Ihraam from there.



**To see how to reach the mosque of 'Aishah, may Allah be pleased with her.**

**Click here**





Being satisfied with performing only one 'Umrah during very busy seasons and days helps reducing stampedes and leaves an opportunity for other pilgrims who were unable to perform 'Umrah to perform their 'Umrah with peace of mind.







# Health tips

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

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







## To protect the 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 peeling skin?

- Clean and shower before Umrah.
- Use ointments for the folding skin of the thighs (available at pharmacies).
- Apply anti-fungal powder.







# Shopping centres around the Sanctuary (Haram)

There are a number of shopping centres and restaurants near the Sanctity (Haram), including:

**Makkah  
Towers**

**The King Abdul  
Aziz Endowment**

**Al-Khalil  
Square**

**Jabal Umar  
Towers**





# Performing 'Umrah in Ramadan

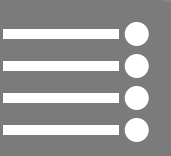
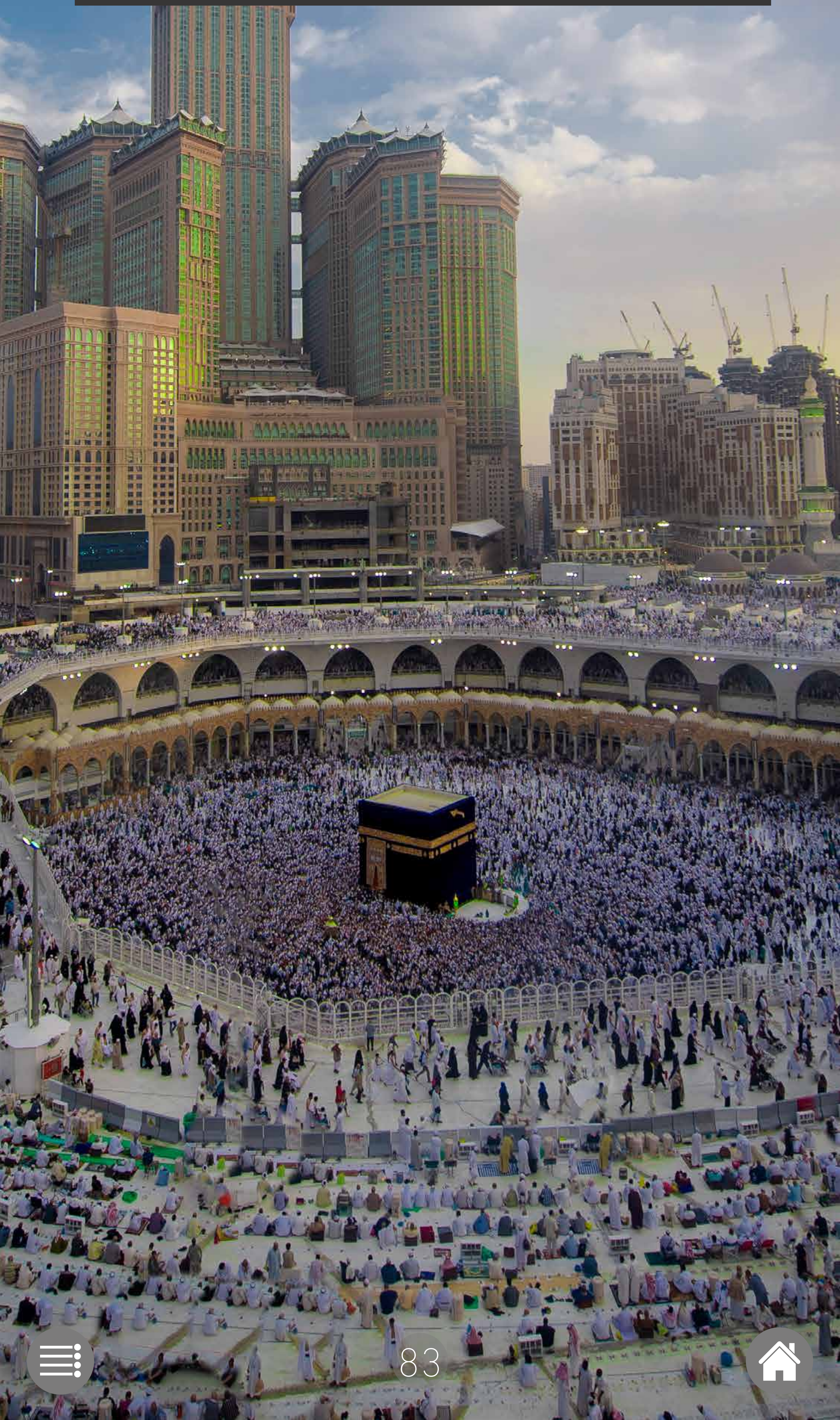
Umrah has great virtues at all times. It is one of those deeds which expiate sins, as the Prophet ﷺ informed us. But during Ramadan, 'Umrah has a special virtue.





## The reward for performing ‘Umrah in Ramadan:

The Prophet ﷺ 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 be issued with an 'Umrah permit.

He can obtain the permit and verify it through these two apps:

**Eatmarna** App and **Tawakkalna** 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 ‘Umrah-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 when there is less crowding helps one to complete the ‘Umrah with reverence and tranquility.



# Checklist



**Obtain the 'Umrah permit.**



**Take a rest.**



**Take your usual medication.**



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



# Important numbers

## 911

For emergencies and security  
services

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## 937

Medical consultations and inquiries

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## 920002814

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

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## 1966

For inquiries about the Sacred  
Mosque and the Prophet's Mosque





You can obtain the rest of 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 facilitate you to perform the Hajj rituals with ease and confidence.



Strategic partner



Partners in success





**May Allah accept  
your deeds  
and efforts**

For more information,  
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**Haj.gov.sa | @HajMinistry**

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