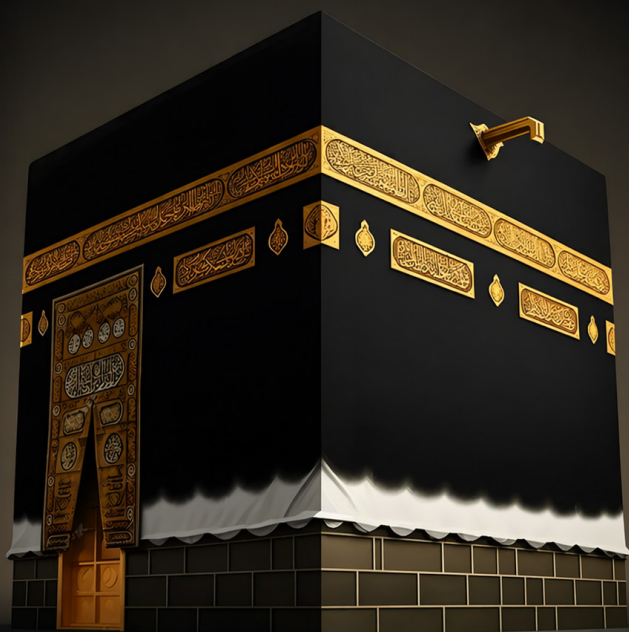


Seeking the Pleasure of Allah

# UMRAH & HAJJ GUIDE

Pilgrimage Handbook



THE QUR'ĀN PROJECT

# CONTENTS

THE JOURNEY OF HAJJ AND UMRAH .....	1
PERFORM UMRAH .....	3
Before Assuming Ihram .....	3
Change into Your Ihram .....	4
Make the Intention for Umrah.....	4
Recite the Talbiyyah .....	5
Entering the Masjid al-Haram.....	5
Preparing for Tawaf .....	6
Start Tawaf .....	6
Yemeni Corner.....	7
Complete 7 Circuits.....	7
After Tawaf – Maqam Ibrahim.....	7
Drink Zamzam.....	8
Make Your Way to Mount Safa .....	8
Upon Reaching Safa.....	8
Between the Green Lights.....	9
Complete 7 Circuits of Sa'i.....	10
Shaving or Cutting Hair – Completing Umrah.....	10
PERFORM HAJJ .....	11
Types of Hajj.....	11
Before Assuming Ihram .....	11
Change into Your Ihram .....	12
Make the Intention for Hajj.....	13
Recite the Talbiyyah .....	14
Entering the Masjid al-Haram.....	15
Preparing for Tawaf .....	15
Start Tawaf .....	16
Yemeni Corner.....	16
Complete 7 Circuits.....	17



After Tawaf – Maqam Ibrahim.....	17
Drink Zamzam.....	17
Make Your Way to Mount Safa .....	18
Upon Reaching Safa .....	18
Between the Green Lights.....	19
Complete 7 circuits (Sa'i).....	19
Shaving / Cutting Hair (For Tamattu' Only) .....	19
Leaving Makkah – Yawm al-Tarwiyah (8th Dhul Hijjah).....	20
Arriving in Mina (8th Dhul Hijjah).....	20
Day of Arafah (9th Dhul Hijjah).....	21
Muzdalifah – Night of 9th Dhul Hijjah .....	22
Stoning (Rami) of Jamrat al-Aqabah (10th Dhul Hijjah).....	22
Sacrifice an Animal – Hady (10th Dhul Hijjah).....	23
Shave (Halq) or Trim (Qasr) – 10th Dhul Hijjah .....	23
Tawaf al-Ifadah (Essential Pillar of Hajj).....	23
Sa'i – 10th Dhul Hijjah .....	24
Rami – Days of Tashriq (11th–13th Dhul Hijjah) .....	24
Farewell Tawaf – Tawaf al-Wida .....	25
VISITING MADINAH .....	26
Arriving at Masjid an-Nabawi & Giving Salaam .....	26
Masjid Quba .....	27
Virtues .....	27
Masjid-an-Nabawi, Madinah .....	28
VIRTUES & SPIRITUAL PREPARATION.....	29
Journey of the Heart – Preparation Checklist.....	29
Daily Journal Targets .....	29
Du'a.....	30
Key Du'as for Umrah & Hajj.....	30
Suggested Daily Routine .....	32
30 Virtues of Dhikr (Remembrance of Allah).....	34
Summarised from 'Invocation of God' (Wabil as-Sayyib) by Ibn al-Qayyim, edited by A.B. al-Mehri:.....	34



Love of Allah .....	35
The Universe – The Source of Ma’rifah .....	35
Crying for Allah.....	36
Seeking the Love of Allah.....	37
Du'as for Seeking the Love of Allah.....	38
LOGISTICS.....	39
Umrah Visa.....	39
Ihram – What to Know .....	39
Masjid al-Haram.....	40
Masjid an-Nabawi, Madinah.....	41
Jannat al Baqi.....	41
Rawdah Booking (Madinah) .....	42
Cash & Card Payments.....	42
Mobile & SIMs.....	42
Transportation – High-Speed Train .....	42
Ziyarah .....	43
Places to Eat.....	44
Packing Checklist.....	47



# THE JOURNEY OF HAJJ AND UMRAH

Allah's Messenger ﷺ said:

*"The guests of Allah are 3: The Ghazi (warrior), the Hajji, and the Mu'tamir (one doing Umrah)."*

(Sunan An-Nasai #2626)

*"Perform Hajj and Umrah consecutively; for they remove poverty and sin as the bellows removes impurity from iron."*

(Sunan An-Nasai #2630)

*"Umrah is an expiation for the sins committed (between it and the previous one.) And the reward of Hajj Mabruur (the one accepted by Allah) is nothing except Paradise."*

(Sahih al-Bukhari 1773)

*"The pilgrims performing Hajj and Umrah are a delegation to Allah. If they call upon Him, He will answer them; and if they ask for His forgiveness, He will forgive them."*

(Sunan Ibn Majah 2892)

*"One prayer in Masjid al-Haram is better than one hundred thousand prayers elsewhere."*

(Musnad Ahmad)

Embarking on the pilgrimage is unlike any other experience in a person's life. It is not simply a physical journey from one place to another, but a deeply spiritual transition — a movement of the heart towards Allah.

For many, this journey begins long before stepping into Makkah. It starts with intention. A quiet moment of reflection where a person recognises the opportunity they have been given — to stand in the sacred lands, to walk in the footsteps of the Prophets, and to turn to Allah in a way that is sincere, humble, and complete.

Every step taken, every du'a made, and every moment of patience holds value. It is a journey that requires effort, preparation, and understanding — but above all, it requires sincerity.

For someone going for the first time, it can feel overwhelming. There are many steps to remember, specific actions to perform, and moments that carry deep meaning. It is natural to feel unsure or even anxious. However, at its core, this journey is meant to bring ease, reflection, and closeness to Allah.



Every Muslim who sets out for the House of Allah undertakes a journey that is both outward and inward — a physical journey to the sacred lands of Makkah and Madinah, and a return of the heart to its Creator.

This guide has been prepared to support both aspects of that journey.

Produced by The Qur'an Project, it brings together the essential knowledge required for Hajj and Umrah in a clear and structured format. The rites are outlined step by step, supported by authentic sources and established scholarly guidance, allowing the reader to follow with clarity and confidence.

Alongside the practical steps, the guide highlights key locations in Makkah and Madinah, and includes relevant supplications and reminders to help maintain focus throughout the journey.

The intention is to provide what is needed without unnecessary complexity, supporting the pilgrim in approaching each stage with ease, awareness, and sincerity.

Whether preparing for your first Umrah or returning for Hajj, this guide aims to help you make the most of your time in the Haramain.

May Allah Almighty accept your worship, answer your supplications and forgive you for your sins (Ameen).

Please remember us at the Qur'an Project in your prayers.



THE QUR'AN PROJECT

[www.quranproject.org](http://www.quranproject.org)



# PERFORM UMRAH

## Congratulations – you are a guest of Allah (swt)

### STEP 1 Before Assuming Ihram

Prepare yourself in the best possible way, as you are about to visit the most sacred building in the world – the first Masjid built for the worship of Allah. It is highly recommended (Sunnah) to perform Ghushl (Bath/Shower) before wearing Ihram. Additionally, clipping your nails and removing excess body hair are advisable. Since you'll be on an international flight, it's best to complete these actions before leaving home. Men can also apply Attar (perfume) to their heads or beards etc, taking care not to let it come into contact with the Ihram garments.



*Note: You can put on your Ihram garment beforehand – this does NOT mean you are in the "state of Ihram". You only enter the state of Ihram when you make the intention at the Miqat point (usually announced on the plane 20–30 minutes before landing).*

#### Once in the State of Ihram you MUST NOT:

- Cut or pluck your hair
- Use perfume or scented items (handwash, shampoo, etc.)
- Wear any stitched clothes (applies to men only)
- Cover your head (men only)
- Trim nails
- Hunt animals
- Smoke or take drugs
- Engage in arguments or fighting
- Engage in sexual intercourse or propose for marriage
- Wear shoes covering ankles (Men should wear slippers only)

#### You CAN use:

- A belt to carry personal belongings
- An umbrella for shade
- Prescription glasses
- A wristwatch
- A shoulder bag



## STEP 2 Change into Your Ihram

### Men:

Wear two white unstitched sheets (ihram): one wrapped around the waist (covering from the navel to below the knees), and the other draped over the upper body. Slippers that do not cover the ankles must be worn. Hats, turbans, and any head coverings are not permitted.



### Women:

Women may wear their usual modest clothing in any colour, but must avoid wearing gloves or covering their face (unless in front of non-Mahram men if they normally wear niqab).

*Note: Ensure you change into Ihram BEFORE crossing the Miqat. If travelling by plane, change at the airport before departure or during a stopover. Try to combine wearing Ihram with an obligatory or optional prayer.*

## STEP 3 Make the Intention for Umrah

For those flying from abroad, the Miqat point is passed about 20–30 minutes before landing (an announcement is usually made). At this point, make the intention for Umrah. If you haven't already put on your Ihram garments, ensure you do so before reaching this point.

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Labbayk Allahumma Umrah.

*Here I am O Allah making Umrah.*

**Optional Du'a:** The Prophet (ﷺ) is also reported to have said:

اللَّهُمَّ هَذِهِ عُمْرَةٌ، لَا رِيَاءَ فِيهَا وَلَا سُمْعَةً

Allahumma hadhihi 'Umrah, la riyaa' fecha wa la sum'ah.

*O Allah this is an Umrah, there being no showing-off in it nor seeking repute*



## STEP 4 Recite the Talbiyyah

Recite the Talbiyyah from this point onwards until you reach Masjid al-Haram. Men should recite in a loud voice; women should recite softly.

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

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

*At Your service, Allah, at Your service. At Your service, You have no partner, at Your service. Truly all praise, favour and sovereignty are Yours; You have no partner.*

*Note: Say this until you reach Masjid al-Haram in Makkah, as the Prophet Muhammad (ﷺ) said: "When any pilgrim utters Talbiyyah, then all that is to his right and left, whether it be stones, trees, or the earth, joins him in his statement until the end of the land in all directions."*

(Sahih Muslim 1184)

## STEP 5 Entering the Masjid al-Haram

Enter the Masjid Al-Harām (the Sacred Mosque) with your right foot first and recite:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّم  
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma salli 'ala Muhammadin wa sallim. Allahumma aftah-lee abwaba rahmatika.

*O Allah, send peace upon Muhammad. O Allah open the doors of Your Mercy for me.*



Avoid distractions from devices and busy crowds. Focus on your Lord and the significance of this journey.

## STEP 6 Preparing for Tawaf

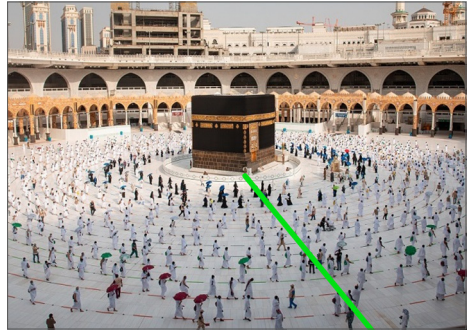
Ensure you are in a state of Wudu and walk towards the Mataf area (i.e. where people are walking around the Ka'bah)

### Men:

Uncover your right shoulder by placing the upper sheet (Rida) under your right armpit and over your left shoulder (known as Idtiba). This is done only during Tawaf.



## STEP 7 Start Tawaf



Begin at Al-Hajr Al-Aswad (the Black Stone) — it is marked by a green fluorescent light on the wall to your right as you face away from the Ka'bah. This is your starting point.

**Action:** Try touching the Black Stone (or kissing it) and if you cannot, make a sign with your right hand towards it, and say:

بِسْمِ اللَّهِ الْكَبِيرِ

Bismillah Allahu Akbar

*In the name of Allah, Allah is the Greatest*

*Note: You will complete 7 circuits in total. During the first three circuits, men should perform Raml (walking briskly). Throughout the Tawaf, you may make supplications, recite Dhikr, or recite Qur'an.*

## STEP 8 Yemeni Corner

Each time you pass the Yemeni corner of the Ka'bah (the corner before the Black Stone corner), recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي  
الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fi d-dunya hasanatan wa fi  
l-akhirati hasanatan wa qina 'adhaban-nar.

*O our Lord, grant us the good of this world,  
the good of the Hereafter, and save us from the  
punishment of the fire.*



## STEP 9 Complete 7 Circuits

Ensure you complete 7 circuits, counting each circuit only after it is fully completed — do not count a circuit from when you begin it, but only once you have finished it.



## STEP 10 After Tawaf – Maqam Ibrahim

After completing Tawaf, proceed to the Maqam Ibrahim (Station of Abraham) and recite:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

Wattakhidhu min maqami Ibrahim musalla.  
*And take the Maqam Ibrahim as a place of Salah.*

Pray 2 rak'ahs behind the Maqam Ibrahim (or as close as possible). In the first Rak'ah recite Surah Al-Kafirun and in the second Rak'ah recite Surah Al-Ikhlās.



## STEP 11 Drink Zamzam

Go to the Zamzam taps and drink from its blessed water. Pour some of the water over your head. Make plentiful supplication while drinking Zamzam.

The Prophet (ﷺ) is reported to have said:

*"It is blessed, it is nourishment that satisfies and a cure for sickness."*

(Sahih Muslim)



## STEP 12 Make Your Way to Mount Safa

Proceed to Mount Safa. Face the Ka'bah, if possible, and make any personal supplications or du'as as you wish. You may repeat this du'a each time you ascend Safa and Marwah.

As you ascend towards Safa, recite the following:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ نَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Innas-Safā wal-Marwata min sha'a 'irillāh faman hajjal-baita au wi'tamara falā junāha 'alaihi an yattawwafa bihimā wa man tatawwa'a khairan fa innallāha shākirun 'aleem. Nabda'u bimā bada' Allāhu bihi

*Verily! Safā and Marwah are from the signs of Allāh. So he who performs Hajj or 'Umrah of the House, there is no harm upon him to walk between them. And whoever does good voluntarily verily Allāh is Appreciative and Knowing – I begin with what Allāh begins with.*

## STEP 13 Upon Reaching Safa

Face the direction of the Ka'bah and recite:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ

Allāhu akbar, Allāhu akbar, Allāhu akbar.

*Allāh is the Greatest, Allāh is the Greatest, Allāh is the Greatest.*



Then recite:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Lā ilāha illallāh waḥdahū lā shareekalah, laḥul mulk, wa laḥul-hamd, yuhyee wa yumeet—wa huwa ‘alā kulli shay’in qadeer. Lā ilāha illallāh waḥdahū lā shareekalah, anjaza wa’dahu, wa nasara ‘abdahu, wa hazamal ahzāba waḥdah.

*There is none worthy of worship except Allah alone, without partner. To Him belongs all sovereignty and all praise. He alone gives life and death—and He is All-Powerful over everything. There is none worthy of worship except Allah alone, without partner. He has fulfilled His promise, aided His servant, He alone has defeated the confederates.*

Now supplicate whatever du'a you desire.

*Note: You will walk back and forth between Safa and Marwah 7 times (counting a circuit every time you ascend on either Safa or Marwah – you should end on the 7th circuit on Marwah)*



## STEP 14 Between the Green Lights

Upon encountering the green lights between the two hills, MEN ONLY should run from the beginning of the green light to the end. Women should continue walking normally.

**Tip:** Maintain your dhikr or du'a during this portion as well, remembering the story of Hajar (wife of Prophet Ibrahim) and her faith in Allah's plan.



## STEP 15 Complete 7 Circuits of Sa'i

You will walk back and forth between Safa and Marwah 7 times. Count each circuit when you arrive at either Safa or Marwah — you should finish your 7th circuit at Marwah.

This is a time for prayer and reflection, asking Allah (swt) for what you need. Recite personal Du'as, Dhikr, or Qur'anic ayat as you walk.

This is a re-enactment of Hajar's (ra) search for water for her son, Ismail.



## STEP 16 Shaving or Cutting Hair – Completing Umrah

Completing Umrah requires ending the Ihram state by removing your hair:

### For Men:

Shaving the head is highly recommended (Sunnah), but trimming is also allowed. The Prophet (ﷺ) prayed for forgiveness three times for those who shave their heads, highlighting its greater reward than trimming the hair.

Shaving the head is considered more virtuous for men as an act of humility before Allah, symbolizing a fresh start and spiritual renewal.



### For Women:

Trim a small portion (approximately one inch) of hair from the end.

With this, the Umrah is complete, and you may exit the state of Ihram and resume everyday activities.

**YOUR UMRAH IS NOW COMPLETE – MUBARAK!**

May Allah accept your Umrah and answer all your Du'as. Ameen.

## PERFORM HAJJ

**Congratulations – you are a guest of Allah (swt) for Hajj, the fifth pillar of Islam!**

### Types of Hajj

#### Hajj al-Tamattu' (Most Common)

Pilgrim performs Umrah first, exits Ihram, then re-enters Ihram for Hajj on 8th Dhul Hijjah. Two separate Ihtams. Sacrifice (Hady) required. Recommended for non-residents of Makkah.

#### Hajj al-Qiran

Pilgrim performs Umrah and Hajj together in a single Ihram, without exiting Ihram between. Sacrifice (Hady) also required. Pilgrim remains in Ihram throughout.

#### Hajj al-Ifrād

Perform only Hajj, without Umrah. Typically done by residents of Makkah.

### STEP 1 Before Assuming Ihram

Prepare yourself in the best possible way, as you are about to embark on a journey that Allah (swt) has invited you to, it is highly recommended (Sunnah) to perform Ghushl (Bath/Shower) before wearing Ihram. Additionally, clipping your nails and removing excess body hair are advisable. Since you'll be on an international flight, it's best to complete these actions before leaving home.



1. Make sincere intention (niyyah) to perform Hajj solely for Allah's pleasure
2. Settle all debts and resolve any outstanding disputes with others
3. Seek forgiveness from those you may have wronged
4. Write a will before traveling

*Note: You can put on your Ihram garment beforehand – this does NOT mean you are in the "state of Ihram". You only enter the state of Ihram when you make the intention at the Miqat point (usually announced on the plane 20–30 minutes before landing).*

### Once in the State of Ihram you MUST NOT:

- Cut or pluck your hair
- Use perfume or scented items (handwash, shampoo, etc.)
- Wear any stitched clothes (applies to men only)
- Cover your head (men only)
- Trim nails
- Hunt animals
- Smoke or take drugs
- Engage in arguments or fighting
- Engage in sexual intercourse or propose for marriage
- Wear slippers that cover the ankles (wear open slippers only)

### You CAN use:

- A belt to carry personal belongings
- An umbrella for shade
- Prescription glasses
- A wristwatch
- A shoulder bag

## STEP 2 Change into Your Ihram

### Men:

Wear two white unstitched sheets (ihram): one wrapped around the waist (covering from the navel to below the knees), and the other draped over the upper body. Slippers that do not cover the ankles must be worn. Hats, turbans, and any head coverings are not permitted.



### Women:

Women may wear their usual modest clothing in any colour, but must avoid wearing gloves or covering their face (unless in front of non-Mahram men if they normally wear niqab).

*Note: Ensure you change into Ihram BEFORE crossing the Miqat. If travelling by plane, change at the airport before departure or during a stopover. Try to combine wearing Ihram with an obligatory or optional prayer.*

### STEP 3 Make the Intention for Hajj

For those flying from abroad, the Miqaat point (geographical boundaries around Makkah) is passed about 20-30 minutes before landing (they usually make an announcement). When passing this point, you must make your intention for Hajj according to the type you are performing:



#### For Hajj al-Tamattu (most common):

Say:

لَبَّيْكَ اللَّهُمَّ عُمْرَةً مُتَمَتِّعًا بِهَا إِلَى الْحَجِّ

Labbayka Allahumma Umratan mutamatti'an biha ilal-Hajj

*Here I am O Allah, performing Umrah and then Hajj*

#### For Hajj al-Qiran:

Say:

لَبَّيْكَ اللَّهُمَّ حَجًّا وَعُمْرَةً

Labbayka Allahumma Hajjan wa Umrah

*Here I am O Allah, performing Hajj and Umrah together*

Note: If performing Hajj al-Tamattu, you will first complete Umrah, then exit Ihram temporarily before entering Ihram again for Hajj on the 8th of Dhul Hijjah. If performing Hajj al-Qiran, you will remain in Ihram until the 10th of Dhul Hijjah.

### Footnote / Understanding the Types of Hajj

#### Hajj al-Tamattu' (تَمَتُّعٌ)

##### Definition:

Perform 'Umrah first, exit Ihram, then re-enter Ihram for Hajj.

##### Sequence:

- Enter Ihram for 'Umrah at the Miqat.
- Complete Tawaf, Sa'i, and shaving/trimming → exit Ihram.



- On 8th Dhul Hijjah, enter Ihram again for Hajj.
- Perform all rites of Hajj from 8th–13th Dhul Hijjah.

### Key Points:

- You are not in Ihram continuously — you get a break between ‘Umrah and Hajj.
- Two separate IHRAMS are worn.
- You must offer a sacrifice (hady).

Most recommended form of Hajj for non-residents of Makkah.

## Hajj al-Qirān (قِرَان)

### Definition:

Perform ‘Umrah and Hajj together in one Ihram.

### Sequence:

- Enter Ihram with intention for both ‘Umrah and Hajj at the Miqāt.
- Perform Tawaf and Sa‘i (can be done once for both).
- Remain in Ihram continuously — no haircut or break.
- On 8th Dhul Hijjah, proceed with Hajj rituals.
- After stoning and sacrifice, exit Ihram.

### Key Points:

- You remain in Ihram from start to near the end.
- Only one Ihram is used for both acts.
- Sacrifice (hady) is also required.
- Less flexibility; may be harder physically.

## STEP 4 Recite the Talbiyyah

Recite the Talbiyyah from this point onwards until you reach Masjid al-Haram. Men should recite in a loud voice; women should recite softly.

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

Labbayka llāhumma labbayk(a), labbayka lā sharika laka labbayk(a), inna l-ḥamda wa n-ni‘mata, laka wa l-mulk(a), lā sharika lak.

*At Your service, Allah, at Your service. At Your service, You have no partner, at Your service. Truly all praise, favour and sovereignty are Yours; You have no partner.*



*Note: You should continue to recite Talbiyyah frequently throughout your Hajj journey until the stoning of Jamarat al-Aqabah on the 10th of Dhul Hijjah. The Prophet Muhammad (ﷺ) said: “When any pilgrim utters Talbiyyah, then all that is to his right and left, whether it be stones, trees, or the earth, joins him in his statement until the end of the land in all directions.”*

**(Sahih Muslim 1184)**

## STEP 5 Entering the Masjid al-Haram

Enter the Masjid Al-Harām (the Sacred Mosque) with your right foot first and recite:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ سَلِّم  
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma salli 'ala Muhammadin wa  
sallim. Allahumma aftah-lee abwaba  
rahmatika.

*O Allah, send peace upon Muhammad. O Allah  
open the doors of Your Mercy for me.*



Avoid distractions from devices and busy crowds. Focus on your Lord and the significance of this journey.

## STEP 6 Preparing for Tawaf

Ensure you are in a state of Wudu and proceed to the Mataf area (where people are walking around the Ka'bah).

### Men:

Uncover your right shoulder by placing the upper sheet (Rida) under your right armpit and over your left shoulder (known as Idtiba). This is done only during Tawaf.



## STEP 7 Start Tawaf

Begin at Al-Hajr Al-Aswad (the Black Stone) — it is marked by a green fluorescent light on the wall to your right as you face away from the Ka'bah. This is your starting point.

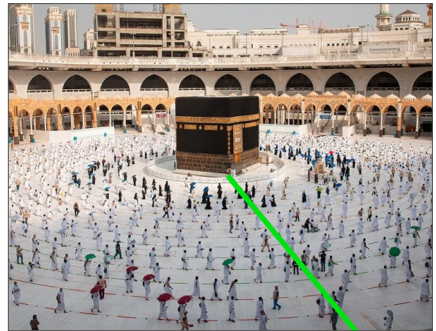
**Action:** Try touching the Black Stone (or kissing it) and if you cannot, make a sign with your right hand towards it, and say:

بِسْمِ اللَّهِ الْأَكْبَرِ

Bismillah Allahu Akbar

*In the name of Allah, Allah is the Greatest*

*Note: You will complete 7 circuits in total. During the first three circuits, men should perform Raml (walking briskly). Throughout the Tawaf, you may make supplications, recite Dhikr, or recite Qur'an.*



## STEP 8 Yemeni Corner

Each time you pass the Yemeni corner of the Ka'bah (the corner before the Black Stone corner), recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي  
الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fi d-dunya hasanatan wa fi l-akhirati hasanatan wa qina 'adhaban-nar.

*O our Lord, grant us the good of this world, the good of the Hereafter, and save us from the punishment of the Fire.*



## STEP 9 Complete 7 Circuits

Ensure you complete 7 circuits, counting each circuit only after it is fully completed — do not count a circuit from when you begin it, but only once you have finished it.

### Men:

Cover your right shoulder after completing Tawaf.



## STEP 10 After Tawaf – Maqam Ibrahim

After completing Tawaf, proceed to the Maqam Ibrahim (Station of Abraham) and recite:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

*Wattakhidhu min maqami Ibrahima musalla.*

*And take the Maqam Ibrahim as a place of Salah.*

Pray 2 rak'ahs behind the Maqam Ibrahim (or as close as possible). In the first Rak'ah recite Surah Al-Kafirun and in the second Rak'ah recite Surah Al-Ikhlās.



## STEP 11 Drink Zamzam

Go to the Zamzam taps and drink from its blessed water. Pour some of the water over your head. Make plentiful supplication while drinking Zamzam.

The Prophet (ﷺ) is reported to have said:

*"It is blessed, it is nourishment that satisfies and a cure for sickness."*

(Sahih Muslim)



## STEP 12 Make Your Way to Mount Safa

Proceed to Mount Safa. Face the Ka'bah, if possible, and make any personal supplications or du'as as you wish. You may repeat this du'a each time you ascend Safa and Marwah.

As you ascend towards Safa, recite the following:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ نَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Innas-Safā wal-Marwata min sha'a 'irillāh faman hajjal-baita au wi'tamara falā junāha 'alaihi an yattawwafa bihimā wa man tatawwa'a khairan fa innallāha shākirun 'aleem. Nabda'u bimā bada' Allāhu bihi.

*Verily! Safā and Marwah are from the signs of Allāh. So he who performs Hajj or 'Umrah of the House, there is no harm upon him to walk between them. And whoever does good voluntarily verily Allāh is Appreciative and Knowing – I begin with what Allāh begins with.*

## STEP 13 Upon Reaching Safa

Face the direction of the Ka'bah and recite:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ

Allāhu akbar, Allāhu akbar, Allāhu akbar.

*Allāh is the Greatest, Allāh is the Greatest, Allāh is the Greatest.*

Then recite:



لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Lā ilāha illallāh wahdahu lā shareekalah, lahul mulk, wa lahul-hamd, yuhyee wa yumeet—wa huwa 'alā kulli shay'in qadeer. Lā ilāha illallāh wahdahu lā shareekalah, anjaza wa'dahu, wa nasara 'abdahu, wa hazamal ahzāba wahdahu.

*There is none worthy of worship except Allāh alone, without partner. To Him belongs all sovereignty and all praise. He alone gives life and death—and He is All-Powerful over everything. There is none worthy of worship except Allāh alone, without partner. He has fulfilled His promise, aided His servant, He alone has defeated the confederates.*

Now supplicate whatever du'a you desire.

*Note: You will walk back and forth between Safa and Marwah 7 times (counting a circuit every time you ascend on either Safa or Marwah – you should end on the 7th circuit on Marwah)*

## STEP 14 Between the Green Lights

Upon encountering the green lights between the two hills, Men only should run from the beginning of the green light to the end. Women should continue walking normally.

This symbolises the striving of Hajar (may Allah be pleased with her).

**Tip:** Maintain your dhikr or du'a during this portion as well, remembering the story of Hajar (wife of Prophet Ibrahim) and her faith in Allah's plan.



## STEP 15 Complete 7 circuits (Sa'i)

You will walk back and forth between Safa and Marwah 7 times. Count each circuit when you arrive at either Safa or Marwah — you should finish your 7th circuit at Marwah.

This is a time for prayer and reflection, asking Allah (swt) for what you need. Recite personal Du'as, Dhikr, or Qur'anic ayat as you walk.

This is a re-enactment of Hajar's (ra) search for water for her son, Ismail.



## STEP 16 Shaving / Cutting Hair (For Tamattu' Only)

*If performing Hajj al-Tamattu': After completing Sa'i, you should shave or trim your hair in order to end your Ihram state.*

**For Men:**

Shaving the head is highly recommended (Sunnah), but trimming is also allowed. The Prophet (ﷺ) prayed for forgiveness three times for those who shave their heads highlighting its greater reward than trimming the hair.

Shaving the head is considered more virtuous for men as an act of humility before Allah, symbolizing a fresh start and spiritual renewal.

**For Women:**

Trim a small portion (approximately one inch) of hair from the end.

With this, the Umrah is complete, If performing Hajj al-Tamattu'. You will enter Ihram again on 8th Dhul Hijjah.

**STEP 17 Leaving Makkah – Yawm al-Tarwiyah (8th Dhul Hijjah)**

On the 8th day of Dhul Hijjah:

**For Hajj al-Tamattu':** Perform Ghusl, enter Ihram again from your place of residence in Makkah, pray two nafl rak'ahs.

It is recommended to recite Surah al-Kafirun [109] in the first rak'ah and Surah al-Ikhlâs [112] in the second rak'ah.

Make the intention for Hajj by saying:

اللَّهُمَّ إِنِّي أُرِيدُ الْحَجَّ فَيَسِّرْهُ لِي وَتَقَبَّلْهُ مِنِّي

Allahumma inni uridu-l-Hajja fayassirhu li wa taqabbalhu minni.

*O Allah! Indeed, I intend the Hajj so make it easy for me and accept it from me.*

**STEP 18 Arriving in Mina (8th Dhul Hijjah)**

**For all pilgrims:** It is recommended to leave Makkah after the Fajr prayer, proceed to Mina before Dhuhr and stay there until after Fajr on 9th Dhul Hijjah. Pray Dhuhr, Asr, Maghrib and Isha prayers in Mina, shortening the four rak'ahs prayer to two rak'ahs but not combining them.



Throughout the day you will recite the Talbiyyah. Use this day for worship, recitation of the Qur'an, remembrance of Allah, and supplications.

## STEP 19 Day of Arafah (9th Dhul Hijjah)

After Fajr prayer in Mina, proceed to the plain of Arafah. The stay at Arafah is the most essential pillar of Hajj.

Stay within the boundaries of Arafah from after the sun's zenith (midday) until sunset. Pray Dhuhr and Asr prayers combined and shortened at the time of Dhuhr. You can either pray at Maṣjid Namirah where the Imam of Hajj will deliver his sermon or alternatively in a congregation in your tent.



Spend your time engaged in:

- Making abundant supplications with raised hands facing the Qiblah
- Reciting the Qur'an
- Reciting the Talbiyyah
- Seeking forgiveness and repentance
- Remembrance of Allah

It is recommended to stand (Wuquf) outside your tent facing the Qiblah with your hands raised until sunset. Some pilgrims make their way to the Mount of Mercy (Jabal ar-Rahmah) and perform Wuquf there instead of staying at their tent.

The Prophet (ﷺ) said:

*The best of supplications is the supplication on the day of Arafah.*

One of the best supplications to recite is:

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

Lā ilāha illallāhu wahdahu lā sharīka lahu, lahul-mulku wa lahul-hamdu wa huwa 'alā kulli shay'in qadīr.

*There is no deity but Allah alone. He has no partner. To Him belongs the dominion, and to Him belongs all praise, and He is over all things competent.*

## STEP 20 Muzdalifah – Night of 9th Dhul Hijjah

After sunset at Arafah (without praying Maghrib there), proceed to Muzdalifah with tranquility, reciting Talbiyyah along the way.

Upon reaching Muzdalifah, pray Maghrib and Isha prayers combined and shortened.

Spend the night in Muzdalifah performing extra prayers, reading the Qur'an, Dhikr and the Talbiyyah. Sleep for a while and then wake up to pray Fajr as early as possible.



After Fajr, it is recommended to make du'a standing (Wuquf) and facing the Qiblah, praise Allah, and make abundant supplications until the sky becomes very bright.

Collect 49 or 70 pebbles (the size of chickpeas) for stoning the Jamarat:

- 7 pebbles for 10th Dhul Hijjah (Jamarat al-Aqabah)
- 21 pebbles for 11th Dhul Hijjah (three Jamarat, 7 each)
- 21 pebbles for 12th Dhul Hijjah (three Jamarat, 7 each)
- 21 extra pebbles if staying for 13th Dhul Hijjah

*The weak, elderly, women and children are permitted to leave Muzdalifah after midnight.*

## STEP 21 Stoning (Rami) of Jamarat al-Aqabah (10th Dhul Hijjah)

This is the busiest day of Hajj, involving multiple rituals. We begin by leaving Muzdalifah, then proceed back towards Mina to stone Jamarat al-Aqabah (the largest pillar) with seven pebbles, saying 'Allahu Akbar' with each throw.

It is preferable to pelt the large pillar between the zenith (zawal) and Maghrib time.



The first Jamarah marks when the Devil tried to dissuade Prophet Ibrahim from following Allah's command to sacrifice his son, Ismail.

## STEP 22 Sacrifice an Animal – Hady (10th Dhul Hijjah)

After stoning, those performing Hajj al-Tamattu' must offer a sacrifice (Dhabh) in their name. Today, this can be arranged through the agencies in advance. You will usually receive a text when your sacrifice is done.



The Hady is a sacrificial offering made by the pilgrim during Hajj, which must be slaughtered in Mina or within the boundaries of Makkah. It is offered as an expression of gratitude to Allah for the ability to combine Umrah and Hajj in a single journey (Hajj al-Tamattu').

The Messenger of Allah (ﷺ) said,

*A human does no action on the Day of Nahr (sacrifice) more beloved to Allah than spilling blood. On the Day of Judgement, it will appear with its horns, hair and hooves. Indeed, the blood will be accepted by Allah from where it is received before it even falls upon earth, so let your heart delight in it.*

[Tirmidhi]

## STEP 23 Shave (Halq) or Trim (Qasr) – 10th Dhul Hijjah

After sacrifice (hady), men should shave their heads or trim their hair (shaving is preferred), while women trim a small portion of their hair.

Now you are allowed to leave the state of Ihram and wear comfortable clothing. You are also allowed to resume otherwise Halal activities that were forbidden in the Ihram, except for marital relations.

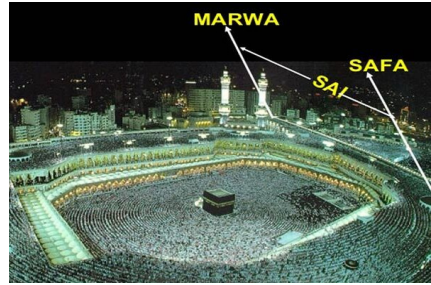


## STEP 24 Tawaf al-Ifadah (Essential Pillar of Hajj)

Proceed to Makkah and perform Tawaf al-Ifadah (also called Tawaf al-Ziyarah), which is an essential pillar of Hajj.

This can be performed on 10th, 11th or 12th Dhul Hijjah.

- Go to Makkah from Mina.
- Ensure that you have wudu before you start to perform Tawaf az-Ziyarah – circling the Ka’bah seven times.
- Then pray at Maqam Ibrahim.
- Drink Zamzam water from the well of Zamzam.



### STEP 25 Sa’i – 10th Dhul Hijjah

After completing Tawaf al-Ifadah, now head towards Mount Safa and perform Sa’i just as you did during ‘Umrah.

After completing this step all the prohibitions of Ihram have now been lifted. If you perform this on 10th Dhul Hijjah, then you should ideally return to Mina before sunset. It is sunnah to spend the night in Mina.



### STEP 26 Rami – Days of Tashriq (11th–13th Dhul Hijjah)

Stay in Mina for these days and stone all three Jamarat each day:

- Jamarat al-Sughra (the smallest pillar)
- Jamarat al-Wusta (the middle pillar)
- Jamarat al-Kubra (Jamarat al-Aqabah)

The time for stoning on these days is from after Dhuhr until sunset (some scholars permit until night).



At each Jamarat, throw seven pebbles one by one, saying “Bismillah, Allahu Akbar” with each throw.

After stoning the first and second Jamarat, stand facing the Qiblah with raised hands and make supplications. No supplications are made after the third Jamarat.

## Leaving Early

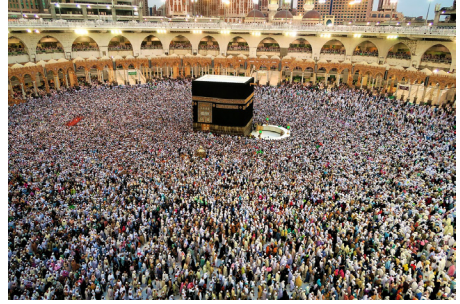
If you wish, you can leave Mina on the 12th of Dhul Hijjah after stoning, before sunset. If sunset occurs and you are still in Mina, you must stay for the 13th day and complete the stoning for that day as well.

## YOUR HAJJ IS NOW COMPLETE – MUBARAK!

May Allah accept your Hajj and answer all your Du'as. Ameen.

### Farewell Tawaf – Tawaf al-Wida

Before leaving Makkah, perform Tawaf al-Wida (Farewell Tawaf) as your final act. This is obligatory for all pilgrims except menstruating women. Perform seven circuits around the Ka'bah in the same manner as previous Tawafs, but without Idtiba (uncovering the right shoulder) or Raml (brisk walking).



After completing Tawaf al-Wida, pray two rak'ahs behind Maqam Ibrahim if possible.

Make your final supplications and leave Masjid al-Haram with your left foot first, saying:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمْ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma salli 'ala Muhammadin wa sallim, Allahumma inni as'aluka min fadlika.

*O Allah, send prayers and peace upon Muhammad. O Allah, I ask You for Your favor.*



## VISITING MADINAH

### Arriving at Masjid an-Nabawi & Giving Salaam

---

After (the pilgrim) prays upon arrival in the Prophet's Masjid, he should go and send salaams upon the Prophet (ﷺ) and his two companions Abu Bakr and 'Umar (may Allah be pleased with them).

When entering the Prophet's masjid, one should be in a state of calm and spirituality. One of the many mistakes made at the grave of the Prophet (ﷺ) is raising the voice and requesting from him that one's needs be fulfilled.

Stand in front of the grave of the Prophet and say,

**“As-salaamu ‘alayka ayyuha’l-Nabiyyu wa rahmat-Allahi wa barakaatuhu”**  
*(Peace be upon you, O Prophet, and the mercy and blessings of Allah)*

Then in front of the grave of Abu Bakr (ra):

**As-salaamu ‘alayka ya Abu Bakr, as-salaamu ‘alayka ya khaleefat Rasool-illah fi ummatihi, radiya Allahu ‘anka wa jazaaka ‘an ummati Muhammadin khayran.”**

Then in front of the grave of Umar (ra):

**"As-salaamu 'alayka ya 'Umar, as-salaamu 'alayka ya ameer al-mu'mineen, radiya Allahu 'anka wa jazaaka 'an ummati Muhammadin khayran."**



## Masjid Quba

Masjid Quba, located in the outskirts of Madinah, holds a special place in Islamic history and is highly revered for its virtues.

### Virtues

#### 1. First Mosque in Islam:

It was the first Masjid built by Prophet Muhammad (ﷺ) during his migration (Hijrah) from Makkah to Madinah.



#### 2. Salah at Masjid Quba:

According to Ibn Umar (ra), the Prophet (ﷺ) said:

*Whoever makes ablution at home and then goes to Masjid Quba and offers two rak'abs therein, he will have the reward of an Umrah.*

(Ibn Majah and Musnad Ahmad)

#### 3. Walking to Masjid Quba:

*The Prophet used to go to Masjid Quba every Saturday, either walking or riding.*

(Bukhari)

#### 4. Blessings of Masjid Quba in the Qur'an:

Masjid Quba is mentioned in the Qur'an in Surah At-Tawbah (9:108), where Allah describes it as a Masjid founded on Taqwa (piety)

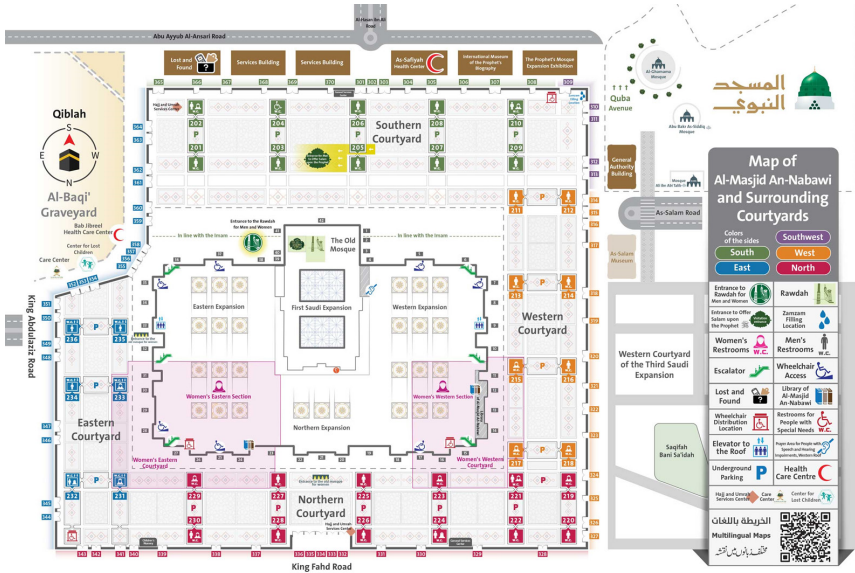
*Certainly, a Masjid founded on righteousness from the first day is more worthy for you to stand in...*

(Qur'an 9:108)

In summary, Masjid Quba is a highly significant Masjid in Islam. Praying there brings immense rewards, comparable to performing Umrah, and walking/riding to the Masjid follows the noble practice of the Prophet Muhammad (ﷺ), with the act itself being spiritually uplifting and rewarding.

# Masjid-an-Nabawi, Madinah

*The area between my house and my minbar is one of the gardens of Paradise.*  
 [Bukhaari (1196) & Muslim (1391)]



## VIRTUES & SPIRITUAL PREPARATION

### Journey of the Heart – Preparation Checklist

<b>Prepare the best provision</b>	Taqwa – consciousness of Allah
<b>Set clear intentions</b>	Sincerely for Allah alone
<b>Strengthen your connection with Allah</b>	Increase prayers, Qur'an recitation
<b>Sabr (Patience)</b>	Patience & flexibility throughout the journey
<b>Keep focused</b>	Food, friends and shopping can be distractions
<b>Make amends</b>	With family, friends and associates before leaving
<b>Shukr (Gratitude)</b>	Busy your heart and tongue with Allah's remembrance
<b>Visualise the journey</b>	Mentally walk through the steps of the Prophets
<b>Prepare to leave</b>	Clear your debts, make your will, close off all activities
<b>Du'a list</b>	Ask from your heart for cleansing, guidance and protection

### Daily Journal Targets

#### Set personal targets each day for:

- Tawaf
- Qur'an recitation
- Salah in Masjid (obligatory)
- Sunnah & Nawaafil
- Tahajjud
- Durood (salutations on the Prophet ﷺ)
- Du'a (try to memorise 1 new du'a per day)
- Spending time in the Masjid engaged in worship
- Recommended readings: The Life of the Prophet ﷺ, Fortress of the Muslim, and Love of Allah (to help improve your salah)

#### Stay Away From:

- Wasting time, especially on phone



- Excessive shopping
- Gossiping or idle talk

## Du'a

Du'a is one of the most virtuous deeds to perform during Umrah. It is particularly accepted at blessed sites including:

- Al-Mataf — where Tawaf is performed
- Al-Hajr al-Aswad — the Black Stone
- Maqam Ibrahim
- Between Safa and Marwa during Sa'i

*“And when My servants ask you about Me, then indeed I am near. I respond to the call of every believer when they call upon Me. So let them respond to Me and believe in Me, so that they may be rightly guided.”*

Al-Baqarah (2:186)

## Key Du'as for Umrah & Hajj

### Du'a for Travelling

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillah, tawakkaltu 'alallah, wa la hawla wa la quwwata illa billah.

*I begin with the Name of Allah; I trust in Allah; there is no altering of conditions but by the Power of Allah.*

### Du'a when boarding a vehicle

بِسْمِ اللَّهِ، الْحَمْدُ لِلَّهِ، سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

Bismillah, walhamdulillah. Subhanal-ladzi sakh-khara lana hadza wa ma kunna lahu muqrinin. Wa inna ila Rabbina lamun-qalibun.

*In the name of Allah and all praise is for Allah. How perfect He is, the One Who has placed this (transport) at our service and we ourselves would not have been capable of that, and to our Lord is our final destiny.*



### Talbiyah Du'a (intention to start worship)

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

Labbayka Allāhumma labbayk. Labbayk lā shareeka laka labbayk. Inna al-  
ḥamda, wan-ni'mata, Laka wal mulk. Lā shareeka lak.

*Here I am, O Allah, here I am. You have no partner, here I am. Verily all praise and  
blessings are Yours, and all sovereignty. You have no partner.*

### Du'a for return

آيِبُونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ

Aayiboona, taa'iboona, 'aabidoona, lirabbina haamidoon

*We return, in repentance, worshiping, and praising our Lord.*

### Made du'a for a good life and Akhirah

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid-dunya hasanatan wa fil akhirati hasanatan waqina  
'azaabannar.

*Our Lord! Grant us good in this world and good in the life to come and keep us safe from the  
punishment of Hellfire.*

### Du'a for the Ummah

اللَّهُمَّ أَصْلِحْ أُمَّةَ مُحَمَّدٍ، اللَّهُمَّ فَرِّجْ عَنْ أُمَّةِ مُحَمَّدٍ، اللَّهُمَّ ارْحَمْ أُمَّةَ مُحَمَّدٍ

Allahumma aslih Ummata Muhammad. Allahumma farrij 'an Ummati  
Muhammad. Allahumma Rham Ummata Muhammad.

*O Allah! Improve the state of the Ummah of Muhammad. O Allah! Grant ease to the  
Ummah. O Allah! Have mercy on the Ummah of Muhammad.*



## Du'a for Good Health

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ

Allāhumma ‘āfinī fee badanī, Allāhumma ‘āfinī fee sam‘ī, Allāhumma ‘āfinī fee basarī, la ilāha illā Anta.

*O Allah, make me healthy in my body. O Allah, preserve for me my hearing. O Allah, preserve for me my sight. There is none worthy of worship but You. O Allah, I seek refuge in You from disbelief and poverty, and I seek refuge in You from the punishment of the grave. There is none worthy of worship but You.*

## Du'a for Divine Guidance

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتَّقَى وَالعِفَافَ وَالعِنْيَ

Allāhumma Innī As'aluka al-Hudā Wat-Tuqā Wal-Afāfa Wal-Ghinā

*O Allah, I ask You for guidance and piety, and abstinence (from the unlawful) and modesty, and contentment and sufficiency.*

## Suggested Daily Routine

This recommended daily routine is designed to maximise your spiritual connection with Allah during your blessed journey.

### Last Third of the Night

1. **Tahajjud:** Wake up in the last third of the night and perform voluntary night prayer. This is a special time to seek Allah's mercy and forgiveness.

*"Our Lord, Blessed and Exalted, descends every night to the lowest heaven during the last third of the night and says: 'Who is calling upon Me, so that I may answer him? Who is asking of Me, so that I may give to him? Who is seeking My forgiveness, so that I may forgive him?'"*

Bukhari #1145

### Morning in the Haram

1. **Fajr Prayer:** Head to the Haram early to perform Fajr in congregation. Spend time in Dhikr while waiting for prayer.
2. **Morning Dhikr:** Engage in morning Adhkar (remembrances) after Salah.
3. **Qur'an Recitation:** After Fajr, sit in the Haram to recite or listen to the Qur'an. Reflect deeply on its meanings.



4. **Salah al-Ishraq:** The Prophet Muhammad ﷺ is reported to have said:

*“Whoever prays Fajr in congregation, sits in dhikr until the sun rises, then prays two rak’ahs — he will have a reward like that of Hajj and Umrah, complete, complete, complete.”*

(Tirmidhi #586)

5. **Salat al-Dhuha:** Pray 4 Rakahs in the morning. The Prophet ﷺ said:

*“O son of Adam, pray for Me four rak’ahs in the beginning of the day, and it will suffice for you for the rest of the day.”*

(Tirmidhi #475)

### Midday

1. **Dhuhr:** Attend Dhuhr in the Haram and remain afterward for Dhikr or Qur’an recitation.
2. **Rest:** Return to your hotel for rest and reflection on your intentions and actions.

### Afternoon

1. **Asr:** Pray Asr in the Haram. Spend time afterward making evening Dhikr.
2. **Tawaf:** Perform additional nafl Tawaf.
3. **Reflection:** Find a quiet spot to reflect on the stories of the Prophets or read an Islamic book. Contemplate the life of the Prophet ﷺ.

### Evening

1. **Maghrib:** Pray Maghrib in congregation. Engage in dhikr or recite Qur’an while waiting for Isha.
2. **Isha:** Perform Isha in the Haram. Spend time afterward in du’a or tawaf.
3. **Self-Evaluation:** Before sleeping, evaluate your day. Reflect on how you can improve your worship tomorrow.

### Throughout the Day

1. **Wudu:** Stay in Wudu throughout the day
2. **Dhikr & Du’a:** Continuously say dhikr, especially while walking or waiting (e.g., “SubhanAllah,” “Alhamdulillah,” “La ilaha illa Allah,” and “Allahu Akbar”).
3. **Smile and Help Others:** Serve others and maintain good manners — small acts of kindness are rewarded



### 30 Virtues of Dhikr (Remembrance of Allah)

Summarised from 'Invocation of God' (Wabil as-Sayyib) by Ibn al-Qayyim, edited by A.B. al-Mehri:

1. Dhikr drives away and breaks the devil (Shaytan).
2. It pleases ar-Rahman (the Most-Merciful).
3. It removes the cares and worries of the heart.
4. It brings joy and happiness to the heart.
5. It strengthens both body and heart.
6. It endows the person with Love of Allah — the very spirit of Islam.
7. It endows one with Muraqabah (vigilance), opening the door to Ihsan.
8. It predisposes the servant to turn back to Allah in every state.
9. It endows him with proximity to Allah in proportion to his remembrance.
10. It endows him with Allah's own remembrance of him — "Remember Me, I shall remember you."
11. It endows the heart with life. Ibn Taymiyah said, 'Remembrance is to the heart what water is to fish. What happens to the fish that leaves the water?'
12. It polishes away the heart's tarnish.
13. It erases sins and repels them.
14. It removes estrangement between the servant and his Lord.
15. Words of Remembrance become like the buzzing of bees around the Throne of Allah.
16. He who knows Allah through Dhikr in ease will be known by Allah in times of adversity.
17. Dhikr is the most effective thing to repel the punishment of Allah.
18. Tranquillity descends upon the heart.
19. Dhikr and tears shed in remembrance give shade on the Day of Judgement.
20. It is the easiest form of worship.
21. It plants trees in Paradise.
22. Constancy in Dhikr brings security from forgetfulness of Allah.
23. Ibn Taymiyah said, 'Truly there is a Heaven in this world [and] whoever does not enter it, will not enter the Heaven of the next world.'
24. It enters Light (Nur) into the heart — more Dhikr means more light.
25. Allah is with the one who remembers Him: "I am with My slave when he remembers Me."
26. Dhikr is the basis of Gratitude (Shukr) — remember Him abundantly and thank Him abundantly.
27. Dhikr is the source and basis of intimate friendship with Allah.
28. Nothing attracts Allah's blessings and repels His wrath as does His remembrance.
29. Allah's remembrance of His servant precedes the servant's remembrance of Allah.
30. The most excellent of those who perform any practice are those who remember Allah the most within it.

## Love of Allah

---

Allah's Messenger ﷺ said:

Do you feel your Salah is not having the impact it should? Perhaps we are not giving it its due or fully understanding its purpose.

This booklet invites reflection on how to connect with Allah through prayer in a way that transforms our hearts and lives.

Consider the examples of those before us:

- A companion was struck by arrows while praying but continued, not wanting to interrupt his recitation.
- Imam al-Bukhari was stung repeatedly during prayer, yet only noticed afterwards.
- Ibn al-Zubayr remained firm in Salah even under attack.
- Ali would tremble at the thought of standing before Allah.
- Others remained so absorbed in prayer that they were unaware of what happened around them.

How did they reach such focus and presence in Salah? Can we reach that level? How can we make our Salah truly effective? This is what we seek to understand.

## The Universe – The Source of Ma'rifah

---

Throughout history, people have reflected on three essential questions: Who created us? What is our purpose? And what happens after death?

Islam teaches that we are given three means to recognise Allah: Fitrah (natural disposition), Aql (reason), and Wahy (revelation).

Every person is born with an innate awareness of Allah (Fitrah), supported by intellect. However, true certainty comes through revelation, which provides complete guidance.

Ma'rifah (deep recognition of Allah) is a personal journey. It cannot be inherited — it requires reflection, sincerity, and effort. Unlike worldly discoveries, knowing Allah brings lasting purpose and eternal reward.

The universe itself is filled with signs pointing to its Creator. Through reflection and understanding, a believer develops conviction, as though seeing Allah's presence in everything.



## Certainty (Yaqin)

Yaqin is certainty that removes doubt and brings peace. It strengthens faith, gives clarity, and shapes how a person lives and acts.

The Qur'an describes three levels of certainty:

- **Ilm al-Yaqin** – knowledge-based certainty
- **Ayn al-Yaqin** – certainty through seeing
- **Haqq al-Yaqin** – certainty through direct experience

True certainty allows a believer to recognise Allah's signs and remain firm in faith.

## Doubt and Certainty

Doubt can arise from thoughts, emotions, or external influences. However, not every doubt reflects a lack of faith — sometimes it is part of the journey toward certainty.

Islam teaches that the heart should not absorb every doubt. Instead, it should remain firm, allowing doubts to pass without settling.

Certainty brings peace and confidence, while doubt leads to anxiety and confusion. Strengthening faith removes uncertainty and transforms one's perspective on life.

## The Path to Ma'rifah

The journey to knowing Allah begins with sincere seeking. It is a lifelong process of reflection, learning, and spiritual growth.

As a person deepens in understanding, their awareness of Allah grows, shaping their character, actions, and purpose. This journey does not end in this world — it continues into the Hereafter, where its rewards are fully realised.

## Crying for Allah

Allah praises those who weep out of humility and awareness of Him:

*"They fall on their faces weeping."*

[17:109]

The Prophet ﷺ taught that sincere tears shed out of fear of Allah are deeply valued. A person who remembers Allah in private and weeps is among those granted special mercy and protection on the Day of Judgement.



The righteous before us would often weep — not out of despair, but from deep awareness of their sins and the Hereafter. They feared losing their faith, facing Allah unprepared, or being held accountable.

Some wept day and night, fearing death could come at any moment. Others wept when reflecting on their sins, the punishment of Hell, or the uncertainty of their final state. Even simple reminders, such as seeing fire, would bring them to tears.

Their tears reflected sincerity, humility, and a constant consciousness of Allah. They saw life as a journey to the Hereafter and feared being unprepared.

Crying for Allah is not weakness — it is a sign of a living heart. It comes from awareness of one's sins, fear of accountability, and hope in Allah's mercy. Such tears soften the heart, strengthen faith, and bring a person closer to Allah.

## Seeking the Love of Allah

---

Ibn al-Qayyim said there are ten things that bring about the love of Allah:

1. Recitation of the Qur'an with reflection and understanding of its meanings.
2. Seeking closeness to Allah by performing voluntary deeds after obligatory ones.
3. Remembering Allah during every situation — with one's time, heart and deeds.
4. Preferring what He loves to what you love when your desires are strong.
5. Allowing your heart to reflect on His Names and Attributes.
6. Reflecting on His many favours and blessings, both apparent and hidden.
7. Having your heart softened in worship of Allah.
8. Being alone with Him in worship in the last third of the night.
9. Sitting with those who are truthful in their love of Allah.
10. Staying away from all that creates barriers between the heart and Allah.

Ibn Qayyim also says,

*“And whoever prefers Allah to all others, Allah will prefer him to others. And whoever is for Allah, Allah will be for him where he is not even there for his own self. Whoever knows Allah, nothing will be more beloved to him than Him and no desire will remain in this type of person for anything other than Him, except that which will bring him closer to Him or assist him in his journey to Him.”*



## Du'as for Seeking the Love of Allah

اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ، وَحُبَّ مَنْ يُحِبُّكَ، وَالْعَمَلَ الَّذِي يُبَلِّغُنِي حُبَّكَ، اللَّهُمَّ اجْعَلْ حُبَّكَ  
أَحَبَّ إِلَيَّ مِنْ نَفْسِي وَأَهْلِي، وَمِنْ الْمَاءِ الْبَارِدِ

Allāhumma innī as'aluka ḥubbaka wa ḥubba man yuḥibbuk wa-'amalalladhī yuballighunī ḥubbak. Allāhumma'jal ḥubbaka aḥabba ilaiyya min nafsi, wa ahli wa minal-mā'il-bārid

*O Allah, I ask You for Your love and the love of those who love You and love of the action which will make me reach Your love. O Allah make Your love more beloved to me than myself, my family and cold water*

اللَّهُمَّ ارْزُقْنِي حُبَّكَ وَحُبَّ مَنْ يَنْفَعُنِي حُبُّهُ عِنْدَكَ، اللَّهُمَّ مَا زَرَقْتَنِي مِمَّا أَحْبَبْتُ فَاجْعَلْهُ قُوَّةً لِي  
فِيمَا تُحِبُّ، اللَّهُمَّ وَمَا زَوَيْتَ عَنِّي مِمَّا أَحْبَبْتُ فَاجْعَلْهُ فَرَاغًا لِي فِيمَا تُحِبُّ

Allāhummarzuqni ḥubbaka, wa ḥubba man yanfa'unī ḥubbuhū 'indak. Allāhumma mā razaqtanī mimmā uḥibbu faj' alhu quwwatan lī fimā tuḥibb. Allāhumma wa mā zawaita 'annī mimmā uḥibbu faj' alhu farāghan lī fimā tuḥibb

*O Allah, provide me with Your love and the love of those whose love will benefit me with You. O Allah, that which you have provided me of that which I love, then make it strength for me in that which you love. O Allah, that which you have removed of what I love, then make it a free space for me for that which you love.*

(Tirmidhi #3491)

اللَّهُمَّ اجْعَلْ حُبَّكَ أَحَبَّ الْأَشْيَاءِ إِلَيَّ وَاجْعَلْ خَوْفَكَ أَخْوَفَ الْأَشْيَاءِ إِلَيَّ واقْطَعْ عَنِّي حَاجَاتِ  
الدُّنْيَا بِالشَّوْقِ إِلَى لِقَائِكَ وَإِذَا أَقْرَرْتَ أَعْيُنَ أَهْلِ الدُّنْيَا مِنْ دُنْيَاهُمْ فَأَقِرَّ عَيْنِي مِنْ عِبَادَتِكَ

Allāhumma ij'al ḥubbaka aḥabba al-ashyā'i ilayya, waj'al khawfaka akhwafa al-ashyā'i ilayya, waqṭa' 'annī ḥājāti ad-dunyā bish-shawqi ilā liqā'ik, wa idhā aqrarta a'yuna ahli ad-dunyā min dunyāhum fa-aqirra 'aynī min 'ibādatik.

*O Allah, make your love the most beloved of things to me, and your fear the most fearful of things to me and sever for me the needs of the dunya by longing for meeting You and when You give delight to the eyes of the people of the world in their dunya, then give my eye delight in your worship*

(Tirmidhi #3491)



# LOGISTICS

## Umrah Visa

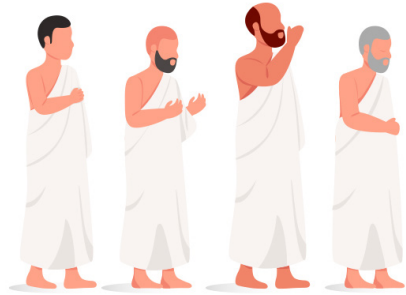
Type	Cost (SAR)	Notes
eVisa	SAR 535 (~£114)	Application & medical insurance included
Visa on Arrival	SAR 480 (~£102)	Plus SAR 180 (~£38) medical insurance

Apply at: [visa.visitsaudi.com](http://visa.visitsaudi.com)

## Ihram – What to Know

### It is Achieved by:

1. Recommended to do ghusl (bath) and perform 2 rakat nafl salah (of any type)
2. Before arriving at the meeqat Ihram must be entered before crossing the meeqat – the designated boundary points set by the Prophet for those intending Hajj or Umrah. It is not permissible to pass the meeqat without being in Ihram if one intends to perform Umrah. Those travelling by plane should enter into Ihram before crossing the meeqat line in the air, usually announced by the airline. It is best to prepare in advance.
3. Wear the two pieces of unstitched cloth (slippers should be worn leaving middle bone uncovered). For men, Ihram consists of two white unstitched cloths – one wrapped around the lower body (izar) and one draped over the upper body (rida). The clothing must not be stitched in a tailored manner that fits the shape of the body. Footwear should leave the top of the foot (ankle and middle bone) uncovered. Women do not wear special Ihram garments – they wear normal modest Islamic clothing that covers the entire body except the face and hands.
4. Make intention: You verbalise it by saying: Labbayka Allahumma Umrah.



5. Saying the Talbiyah: After making the intention, one begins reciting the Talbiyah:

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

Labbayka Allahumma labbayk, labbayka la sharika laka labbayk, innal hamda wan ni mata laka wal mulk, la sharika lak.

*Here I am O Allah, here I am. Here I am – You have no partner – here I am. Indeed all praise, favour and dominion belong to You. You have no partner.*

Once the intention and Talbiyah are made, the person has entered the sacred state of Ihram and the prohibitions of Ihram now apply.

## Masjid al-Haram

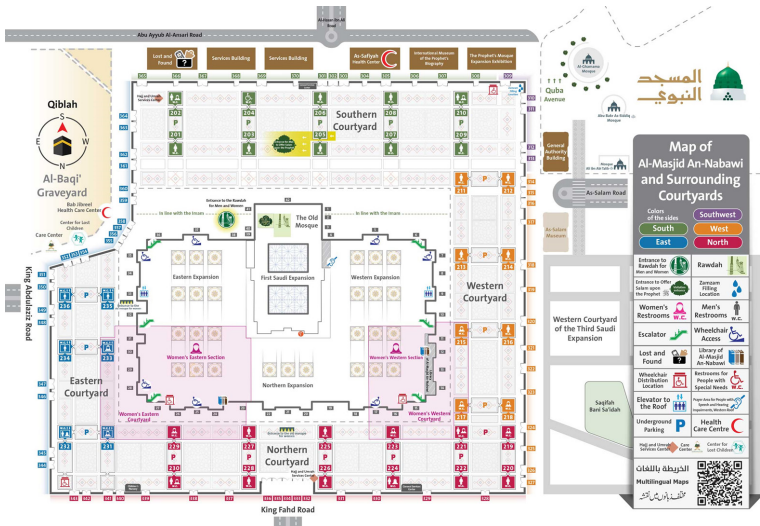
- Remember to take a card from your hotel so you can find your way back easily.
- Identify the closest door to the Haram from your hotel.
- Arrive at least 30 minutes before salaah time to comfortably find a place in the Haram. For Friday prayers, it is recommended to arrive no later than 10am in off-peak periods.



## Masjid an-Nabawi, Madinah

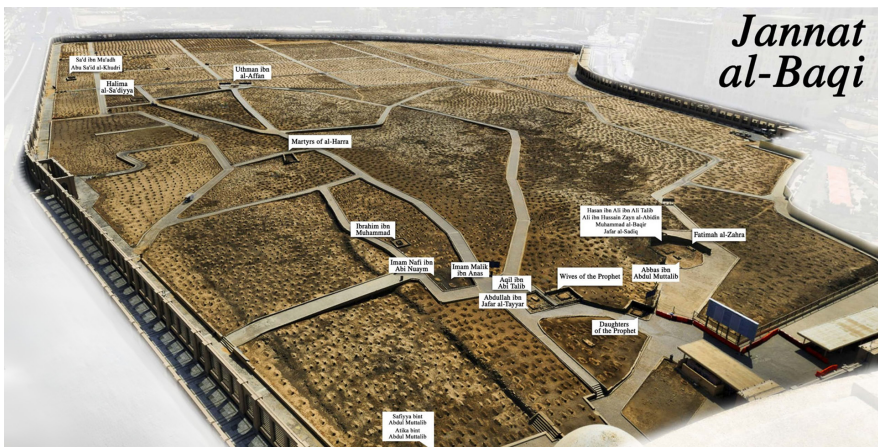
*The area between my house and my minbar is one of the gardens of Paradise.*

[Bukhaari (1196) & Muslim (1391)]



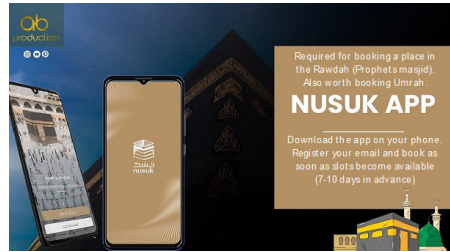
## Jannat al Baqi

The main cemetery in Madinah, located to the southeast of Masjid al-Nabawi. It contains the graves of many companions and family members of the Prophet ﷺ.



## Rawdah Booking (Madinah)

Book your slot to pray in the Rawdah (garden of Paradise) in advance through the Nusuk app or relevant authority.

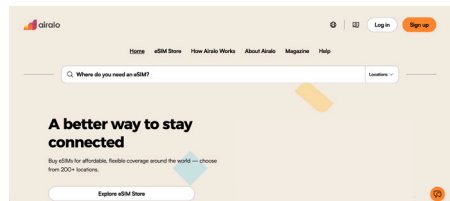


## Cash & Card Payments

You will be able to use your bank cards in most shops and there are multiple locations to withdraw cash from cash machines. Regarding money exchange, it is generally better not to exchange money at airports but in Makkah or Madinah.

## Mobile & SIMs

- Register for a free eSIM
- Purchase Data package (lasts 30 days) – 3GB is sufficient



## Transportation – High-Speed Train

You can book High Speed Train connecting Jeddah Airport to Makkah and Madinah. The train station is located in the Airport and is easily accessible. You can book tickets at the station, but these will be more expensive than if you book online or via the app.

<b>Website:</b>	<a href="https://sar.hhr.sa/web/portal/home#">https://sar.hhr.sa/web/portal/home#</a>
<b>Android</b>	<a href="https://play.google.com/store/apps/details?id=com.indra.haramain.pro&amp;hl=en&amp;pli=1">https://play.google.com/store/apps/details?id=com.indra.haramain.pro&amp;hl=en&amp;pli=1</a>
<b>iOS</b>	<a href="https://apps.apple.com/us/app/hhr-train/id1533264335">https://apps.apple.com/us/app/hhr-train/id1533264335</a>

Travelling between these locations is so much easier via the bullet train. If you decide to go from Jeddah airport (or Madinah) to Makkah, it will drop you on the outskirts of Makkah. You will then have an option of catching a taxi (should cost around 50 Riyal) straight to your Hotel or get a shuttle bus service straight to the Haram for around 6/7 Riyal.

If your suitcase is larger than the size below, they will charge extra and send it to be picked up 12-24 hours later. They will arrange that from the station easily also but it is extra hassle and cost for you to consider.



## Ziyarah

### Makkah

1. **Jabal al-Nour:** The “Mountain of Light” hosts Ghar-e-Hira the cave in which the Prophet Muhammad (ﷺ) would go to for seclusion, contemplation and meditation. It is also the place where the first words of the Qur’an were revealed to the Prophet Muhammad (ﷺ) through Angel Jibreel.
2. **Jabal Thawr:** Where the Prophet (ﷺ) and Abu Bakr hid during the Hijrah.
3. **Mount Arafat:** Mount Arafat is a holy site of Hajj and considered to be a blessed place to visit.
4. **Maktaba Makkah-al-Mukarramah:** This is the holy birthplace of Prophet Muhammad (ﷺ), which is located in She’eb Banu Hashim in Makkah. Previously a mountain, this place has been converted into a national library.
5. **Masjid-e-Ayesha:** The location where Aisha (ra) was told by the Prophet to go to and enter into Ihram. It is also a site where pilgrims can assume Ihram.
6. **Masjid Jinn:** Where the Jinn heard the Prophet (ﷺ) recite the Qur’an.
7. **Mu’alla Graveyard:** Where Khadijah (ra), the wife of the Prophet (ﷺ) is buried.

### Madinah

1. **Masjid al-Quba:** First Masjid built in Madinah. Praying 2 rak’ahs here earns the reward of Umrah.

2. **Mount Uhud:** Site of the Battle of Uhud. Burial site of ~70 martyrs including Hamza (ra), uncle of the Prophet ﷺ.
3. **Masjid al-Qiblatayn:** The mosque with two Qiblahs. Revelation to change the Qiblah from Al-Aqsa to the Ka'bah came here.
4. **Khandaq:** Where the trenches were dug for the Battle of Ahzab (Confederates).
5. **Badr:** Site of the famous Battle of Badr (~130 km from Madinah).
6. **Jannat al-Baqi:** Main cemetery of Madinah, containing graves of Companions and family of the Prophet

## Places to Eat

---

Exploring local food options during your stay can add comfort and ease to your journey. The following selections highlight convenient and well-known dining locations in both Makkah and Madinah, offering a range of cuisines within close proximity to the Haram.

### Makkah

#### 1. Food Court Tower

Located in the Jabal Umar area, along the road from Dar Al Tawhid Intercontinental Hotel, this food court offers a wide selection of international and local dining options near the Haram.

#### 2. Raydan

Situated near King Fahd Gate, Raydan is known for traditional Saudi cuisine, offering authentic and flavourful dishes.

#### 3. Biryani House

Positioned between the Hyatt Regency and Conrad Hotels, this restaurant serves a variety of rice-based dishes with meat or chicken. Romansiah, located nearby, is also a popular option.

#### 4. Happy Chef

Located within the central hotel district near the Haram, offering quick meals such as wraps and light snacks.

#### 5. Juice World

With multiple outlets near the Haram, this is a convenient choice for fresh juices and refreshments.

## 6. **Conrad Tower Dining Area**

Situated within the Conrad Hotel in Jabal Umar, this area features a range of restaurants and familiar international food chains.

## 7. **Local Dining Options**

Nearby eateries such as Munch and Koshary restaurants, located around the central hotel area, offer a wider variety of cuisine.

## 8. **Breakfast Options**

Local cafés and bakeries near the Haram offer pastries and traditional drinks such as laban. Hotel breakfasts at locations like the Hyatt Regency and Conrad are also available at a higher cost.

## 9. **Al Tuheed Pakistani Restaurant**

Located within the Abraj Al Bait (Clock Tower) complex on Level 3, offering Pakistani cuisine in a central location.

## 10. **Wali Restaurant**

Situated in the Old Millennium Towers food court, providing a range of fast and traditional meal options.

## 11. **Café Moments**

Located within Zam Zam Towers, offering a relaxed setting for light meals and beverages.

## 12. **Smash Burger**

Found on Floor 4 of the Abraj Al Bait Clock Tower, a popular option for quick dining.

## **Madinah**

### 1. **Olive and Chilli**

Located along Quba Walkway near Gate 310 of Masjid an-Nabawi. Walk towards Arabian Oud, then turn left — the restaurant will be on your right.

### 2. **Zaytoun Local Chicken**

Situated on the first floor of Taiba Commercial Centre, close to the Haram, and known for grilled and local-style chicken dishes.

### 3. **Fatoum Shawarma**

Located on Madinah Street near Gate Fahd, within walking distance of Gate 333.

### 4. **Food Master**

Positioned along Sayyid As Shuhada Street, offering convenient and quick meal options.



#### 5. **Myraj Restaurant**

Located next to Food Master, providing additional dining choices in the same area.

#### 6. **Romansiah Drive**

Situated along King Abdul Aziz Road, known for traditional Saudi meals.

#### 7. **Yemeni Gate**

A well-known breakfast spot located within the central Madinah area near the Haram.

#### 8. **Hashi Basha**

Located in the Al Qaswa district of Madinah, offering a range of local and regional cuisine.

#### 9. **Shawaya Biladi**

Situated in the Khalidiya district, known for grilled chicken and traditional dishes.



## Packing Checklist

Documents & Finance	Worship & Spiritual
Passport	Ihram (men)
eVisa (printed copy)	Prayer mat
Flight tickets (copy)	Personal Qur'an
Proof of vaccination	Life of the Prophet book
Emergency contacts	Fortress of the Muslim / Du'a book
Cash (Riyals)	Du'a list (personal)
Debit/credit card	Tasbeeh counter
Universal adaptor	Umrah & Hajj Guide

Clothing & Accessories	Health & Comfort
Clothing & flip-flops	Medication & Vaseline
Bathroom slippers	Plasters / blister plasters
Waist pouch	Antibiotic (consult doctor)
String bag (for shoes at Masjid)	Energy tablets
Neck cushion (for flight)	Snacks — nuts, biscuits
Eye mask & ear plugs	Small scissors & sellotape
Suitcase with lock	Toiletries (unscented)
Small mirror	Safety pins

Technology
Phone, charger & powerbank
Download: Nusuk app (Rawdah booking)
Download: Umrah & Hajj Guide app
Airalo eSIM (activate before departure)
Download: HHR Train app

# Umrah & Hajj Guide

Scan to download the  
Umrah & Hajj Guide App



## About This Book:

Every Muslim who sets out for the House of Allah undertakes a journey that is both outward and inward — a physical journey to the sacred lands of Makkah and Madinah, and a return of the heart to its Creator.

This guide has been prepared to support both aspects of that journey.

Produced by The Qur'an Project, it brings together the essential knowledge required for Hajj and Umrah in a clear and structured format. The rites are outlined step by step, supported by authentic sources and established scholarly guidance, allowing the reader to follow with clarity and confidence.

Alongside the practical steps, the guide highlights key locations in Makkah and Madinah, and includes relevant supplications and reminders to help maintain focus throughout the journey.

The intention is to provide what is needed without unnecessary complexity, supporting the pilgrim in approaching each stage with ease, awareness, and sincerity.

Whether preparing for your first Umrah or returning for Hajj, this guide aims to help you make the most of your time in the Haramain.

*“Umrah is an expiation for the sins committed between it and the previous one, and the reward of Hajj Mabrur is nothing except Paradise.” (Sahih al-Bukhari)*



THE QUR'ĀN PROJECT

PO Box 13976  
Birmingham, B11 9DQ  
United Kingdom

[www.quranproject.org](http://www.quranproject.org)