

'UMRAH MAP

Birthplace of the Prophet (saw)

1. Enter the state of Ihram and proceed to al-Masjid al-Haram. Make your intention for Tawaf.

2. Before you begin Tawaf, you must have wudu (menstruating females cannot perform Tawaf). Males should wear their Ihrams so that their right shoulder is bare (Idtiba'a). Males will walk briskly in their first three circuits only (Ramal).

3. **Istilam:** Turn your face to the Black Stone (al-Hajar al-Aswad) and either kiss or touch it if you can get close enough. If it is too busy, raise both your hands (like at the start of prayer) and say,
Bismillahi wa-Allahu Akbar:
'In the name of Allah and Allah is the Greatest.'

4. Perform the Tawaf of the Ka'bah seven times. Move from the Black Stone in an anti-clockwise motion. Don't turn your body to face the Ka'bah or touch any part of it. Whilst in Tawaf you may make any du'a, recite Qur'an or Dhikr. At the Yemeni corner, you can touch it if you are close enough, but don't kiss it or kiss your hand.
 Your first tawaf ends where you began, at the Black Stone – do Istilam again and then proceed to the second tawaf and repeat the same steps until you have completed seven tawafs.

5. After completing Tawaf, you should pray two rak'ahs either behind the Maqam Ibrahim (as) or anywhere in al-Masjid al-Haram (if it is too busy).

6. Then proceed to drink plenty of Zamzam water whilst standing and facing the Ka'bah and do one final Istilam (your 9th one) facing the Black Stone.

7. Before Sa'ee, it is recommended to have wudu, but not compulsory. Make your intention for Sa'ee and then make seven rounds between the mounts of Safa and Marwah. Walking from Safa to Marwah is counted as one round and Marwah to Safa as another round. Males must jog (Harwalah) part of the way, whilst females will walk. You will end at Marwah and then pray two nafl rak'ahs.

8. Males will either trim or shave the hair on their head and females will trim their hair by a fingertip. The 'Umrah is now complete!



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HAJJ MAP



HIRA CAVE IN JABAL AN-NUR

The Prophet (saw) received the first revelation (Surah al-'Alaq, 1-5) of the Noble Qur'an on the Mountain of Light.

MASJID 'AISHAH (RA)

In At-Tan'im. Nearest Miqat boundary for Makkah where Ihram is worn for those already residing in Makkah as 'Aishah (ra) did.

AL-MU'ALLAH CEMETERY

Resting place of the relatives of the Prophet (saw): Khadijah (ra), Qasim (ra), 'Abdullah (ra), Abu Talib and 'Abdul-Muttalib.



AL-MASJID AL-HARAM

Makkah

JAMARAT

WADI MUHASSAR

The Despised Valley where the Companions of the Elephant were punished by flocks of birds. We are advised to move swiftly through this area.

4. 10TH DHUL-HIJJAH - The Day of Sacrifice

In **Mina**, only stone the large pillar (Jamrat al-'Aqabah) with 7 pebbles on this day between the zenith and Maghrib time. You will now stop reciting the Talbiyah. Then perform the sacrifice (Dhabh) and thereafter shave (Halq) or trim (Qasr) the hair of your head in **Mina**. Go to **Makkah** from **Mina**. Ensure that you have wudu before you start to perform Tawaf az-Ziyarah / al-Ifadah – circling the **Ka'bah** seven times. Then pray two rak'ahs near **Maqam Ibrahim** (as). Drink Zamzam water from the **well of Zamzam**. Perform Sa'ee just as you did during 'Umrah between **Safa** and **Marwah**. All the prohibitions of Ihram have now been lifted. You should ideally return to **Mina** before sunset. It is sunnah to spend the night in **Mina**.

1. 8TH DHUL-HIJJAH - The Day of at-Tarwiyah

In **Makkah**, pray two nafl rak'ahs and then resume your Ihram again at your hotel and make the intention for Hajj. Leave **Makkah** after the Fajr prayer and proceed to **Mina** before Dhuhr and stay there until after Fajr on 9th Dhul-Hijjah. In **Mina**, you will shorten your prayers and recite the Talbiyah.



JABAL THAWR

The Prophet (saw) and Abu Bakr (ra) hid in one of this mountain's caves when they left Makkah for the Hijrah to Madinah.

MASJID AL-MASH'AR



Muzdalifah

3. AT MUZDALIFAH - Overnight stay in the open air

When you arrive in **Muzdalifah** combine your Maghrib and 'Isha prayers. Collect pebbles for stoning the pillars. Pray extra prayers, read the Qur'an, do Dhikr and the Talbiyah. 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 with your hands raised, until the morning light is widespread. Leave **Muzdalifah** to go to **Mina** a little before sunrise whilst reciting the Talbiyah.

WADI 'URANAH

A valley outside of the boundary of 'Arafat next to Masjid Namirah where the Prophet (saw) delivered the Final Sermon during his Farewell Pilgrimage.

JABAL AR-RAHMAH



'Arafat

MASJID NAMIRAH



2. 9TH DHUL-HIJJAH - The Day of 'Arafah

Pray Fajr in **Mina** and after sunrise go to the plains of 'Arafat. Arrive at your tents there and go to **Masjid Namirah** if you can or pray in congregation in your tent. After prayer, you can go to the **Mount of Mercy (Jabal ar-Rahmah)** or outside your tent and stand (Wuquf) facing the Qiblah with your hands raised in du'a and repentance until sunset. After sunset, leave **'Arafat** without praying Maghrib and head to Muzdalifah. Continue reciting the Talbiyah.



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