NOOR UMRAH TRAVELS

Dua for Safa and Marwa – All 7 Rounds in Arabic, English &

Complete dua for Safa and Marwa guide. Duas for all 7 rounds of Sai in Arabic and English, dua at Safa, dua at Marwa, rules and tips. Free downloadable

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Walking between Safa and Marwa is a moment that stays with every UK pilgrim long after their Umrah. The **dua for Safa and Marwa** is one of the most searched, most heartfelt parts of the Umrah journey. If you're standing in Masjid al-Haram right now — or preparing for your trip — this guide is for you. We'll walk you through every dua, every lap, and every emotion, including Arabic, transliteration, and English translation, all in one place. This is part of our complete Umrah dua list designed for UK Muslims in 2026.

If you'd like help planning your trip or want a free dua card, our Noor Umrah Travels team is just a call away.



dua for safa and marwa complete sai guide pilgrims walking between safa and marwa 2026

What Is Sai and Why Do Muslims Walk Between Safa and Marwa?

Sai means to strive, to walk with purpose. In Umrah and Hajj, Sai is the act of walking **seven times** between the hills of Safa and Marwa, inside Masjid al-Haram in Makkah. It’s the fourth pillar of Umrah, coming right after Tawaf (circling the Kaaba). The **dua for Safa and Marwa** is woven into this act — it’s not just a ritual, but a spiritual journey in itself.

This walk is not random. It’s a living memory of Hajar (AS) and her search for water for her son Ismail (AS). Allah mentions these hills in the Quran:

Quran 2:158: "Indeed, Safa and Marwa are among the symbols of Allah." (quran.com)

Every step you take is an act of worship, a retelling of her faith and struggle.

The Story of Hajar Between Safa and Marwa — The Origin of Sai

This story sits at the heart of Sai. Picture it: Hajar (AS), left by Prophet Ibrahim (AS) in the barren valley of Makkah with her infant son, Ismail. Water runs out. Her baby cries in thirst. The desert is silent. Hajar climbs Safa hill, scanning the horizon — nothing. She rushes to Marwa. Still nothing. Back again. Seven times she runs, desperate, her heart pounding with hope and fear.

On her seventh trip, Allah sends Jibreel (AS). Suddenly, Zamzam water bursts from the ground under Ismail's tiny feet. This is the miracle. This is why, when you do Sai, you walk in Hajar's footsteps — pushing through tiredness, trusting in Allah's mercy, and hoping for your own Zamzam.

Want to know more about Zamzam and its miracles? Read our Zamzam water guide.



dua at safa pilgrim raising hands making dua facing kaaba during sai

Before You Begin Sai — The Starting Dua at Safa

Before you start Sai, make sure you have completed Tawaf with its duas. Then, approach Safa hill. There's a **special dua for Safa and Marwa** that begins this act.

The Quranic Verse to Recite When Approaching Safa

When you first reach Safa, recite this verse — **Quran 2:158**:

Quranic Verse for Safa (first approach only)

ARABIC

إِنَّ ٱلصَّفَا وَٱلْمَرْوَةَ مِن شَعَآئِرِ ٱللَّهِ

TRANSLITERATION

Innas-Safa wal-Marwata min sha'a'irillah

TRANSLATION

Indeed, Safa and Marwa are among the symbols of Allah.

REFERENCE

Quran 2:158

Then say: **"Abda'u bima bada'Allahu bihi"** — *I begin with what Allah began with.*

You only recite this Quran verse **once** — at the very first approach to Safa. Not on every lap. This is the Sunnah, as practiced by the Prophet Muhammad (peace be upon him). (Muslim 1218)

The Sunnah Dua for Safa and Marwa — Dhikr at the Top of Each Hill

Each time you reach the top of Safa or Marwa, face the Kaaba, raise your hands, and recite the confirmed **Sunnah dhikr** for Safa and Marwa. This is the **main dua for safa and marwa** in Umrah and Hajj.

Sunnah Dhikr at Safa and Marwa (each hill, each lap)

ARABIC

اللّٰهُ أَكْبَرُ، اللّٰهُ أَكْبَرُ، اللّٰهُ أَكْبَرُ. لَا إِلَهَ إِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ

وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. لَا إِلَهَ إِلَّا اللّٰهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

TRANSLITERATION

Allahu Akbar, Allahu Akbar, Allahu Akbar. La ilaha illallahu wahdahu la sharika lah. Lahul-mulku walahul-hamdu wa huwa ala kulli shay'in qadeer. La ilaha illallahu wahdah. Anjaza wa'dah, wa nasara abdah, wa hazamal-ahzaba wahdah.

TRANSLATION

Allah is the Greatest (x3). None has the right to be worshipped except Allah alone, without partner. To Him belongs all dominion and all praise, and He has power over all things. None has the right to be worshipped except Allah alone. He fulfilled His promise, granted victory to His servant, and defeated the confederates alone.

REFERENCE

Muslim 1218

Recite this **three times** at Safa, making personal dua between each repetition. Do the same at Marwa. This is the **best dua for Sai** and the only one confirmed by the Prophet Muhammad (peace be upon him).



dua at safa pilgrim raising hands making dua facing kaaba during sai

An Important Note — Are There Fixed Duas for Each Lap of Sai?

Let’s clear up one of the biggest confusions UK pilgrims have: **There is no fixed dua for each lap** of Sai prescribed by the Prophet (peace be upon him). The **only confirmed Sunnah dhikr** is the one at the top of each hill, as above. In between, you may recite any Quran, dhikr, or personal dua — in Arabic, English, or your own language. There’s no need to panic if you miss a specific phrase.

That said, many scholars have shared beautiful recommended duas for each lap to help you focus. We’ve listed them below for spiritual benefit. But remember: **any dua is valid**. Speak from your heart — Allah listens to every word.

Recommended Duas While Walking Between Safa and Marwa — Lap by Lap

Below are scholar-recommended duas for each of the 7 laps of Sai. Each is given in Arabic, transliteration, and English, with a short reflection for every lap. You may recite these or any other dua

you wish. The main thing is sincerity.

Dua for Sai — A Beautiful Supplication for Walking Between the Hills

General Sai Dua (can be recited throughout)

ARABIC

رَبِّ اغْفِرْ وَارْحَمْ إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

TRANSLITERATION

Rabbighfir warham innaka Antal-A'azzul-Akram

TRANSLATION

My Lord, forgive and have mercy. Indeed, You are the Most Mighty, the Most Generous.

REFERENCE

Recommended by scholars

This can be repeated any time as you walk between Safa and Marwa.

Lap 1 (Safa to Marwa) — Seeking Guidance

Lap 1 Dua for Guidance (Quran 1:6-7)

ARABIC

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

TRANSLITERATION

Ihdinas-siratal-mustaqeem. Siratal-ladhina an'amta alayhim.

TRANSLATION

Guide us to the straight path. The path of those You have blessed.

REFERENCE

Quran 1:6-7

As you step forward, ask Allah to guide your journey — just as He guided Hajar.

Lap 2 (Marwa to Safa) — Asking for Forgiveness

Lap 2 Dua for Forgiveness (Quran 3:147)

ARABIC

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

TRANSLITERATION

Rabbanaghfir lana dhunoobana wa israfana fi amrina wa thabbit aqdamana wansurna alal-qawmil-kafireen.

TRANSLATION

Our Lord, forgive us our sins and our excess in our affairs and plant our feet firmly and give us victory over the disbelieving people.

REFERENCE

Quran 3:147 (quran.com)

Moving between the hills, ask Allah to forgive past mistakes and make your faith strong.

Lap 3 (Safa to Marwa) — Dua for Safa and Marwa Seeking Provision

Lap 3 Dua for Provision (Quran 65:3)

ARABIC

وَمَن يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ

TRANSLITERATION

Wa man yatawakkal alallahi fahuwa hasbuh. Innallaha balighu amrih.

TRANSLATION

And whoever puts their trust in Allah, He will be enough for them. Indeed, Allah achieves His purpose.

REFERENCE

Quran 65:3 (quran.com)

Trust Allah with every need — just as Hajar did when Zamzam appeared.

Lap 4 (Marwa to Safa) — Asking for Patience and Strength

Lap 4 Dua for Patience (Quran 2:250)

ARABIC

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

TRANSLITERATION

Rabbana afrigh alayna sabran wa thabbit aqdamana wansurna alal-qawmil-kafireen.

TRANSLATION

Our Lord, pour upon us patience and plant our feet firmly and give us victory.

REFERENCE

Quran 2:250 (quran.com)

When your legs ache, this dua will carry you through. Ask for patience and strength.

Lap 5 (Safa to Marwa) — Dua for Family at Safa and Marwa

Lap 5 Dua for Family (Quran 25:74)

ARABIC

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

TRANSLITERATION

Rabbana hab lana min azwajina wa dhurriyyatina qurrata a'yunin waj'alna lil-muttaqina imama.

TRANSLATION

Our Lord, grant us from our spouses and offspring comfort to our eyes and make us leaders of the righteous.

REFERENCE

Quran 25:74 (quran.com)

Pray for your family — Hajar ran for her son. Let your dua cover loved ones near and far.

Lap 6 (Marwa to Safa) — Seeking Protection

Lap 6 Dua for Protection (Quran 23:97-98)

ARABIC

رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ

TRANSLITERATION

Rabbi a'udhu bika min hamazatish-shayateen. Wa a'udhu bika Rabbi an yahdurun.

TRANSLATION

My Lord, I seek refuge in You from the whispers of the devils. And I seek refuge in You, my Lord, lest they be present with me.

REFERENCE

Quran 23:97-98 (quran.com)

Ask Allah to protect your heart and keep you focused on Him.

Lap 7 (Safa to Marwa — Final Lap) — Dua for Acceptance

Lap 7 Dua for Acceptance (Quran 2:127)

ARABIC

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

TRANSLITERATION

Rabbana taqabbal minna innaka Antas-Samee'ul-Aleem.

TRANSLATION

Our Lord, accept this from us. Indeed, You are the Hearing, the Knowing.

REFERENCE

Quran 2:127 (quran.com)

End your Sai with this powerful prayer — it was the dua of Ibrahim and Ismail (AS) after building the Kaaba.



dua for safa and marwa all 7 laps of sai infographic with directions and green markers

Dua for Safa and Marwa - Quick Reference for All 7 Laps

Lap	Direction	Theme	Arabic (First Words)	English Summary
1	Safa → Marwa	Guidance	اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ	Guide us to the straight path

Lap	Direction	Theme	Arabic (First Words)	English Summary
2	Marwa → Safa	Forgiveness	رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا	Forgive us our sins and plant our feet firm
3	Safa → Marwa	Provision	وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ	Whoever trusts Allah, He is enough
4	Marwa → Safa	Patience	رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا	Pour upon us patience
5	Safa → Marwa	Family	رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا	Grant us comfort from our families
6	Marwa → Safa	Protection	رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ	I seek refuge from the devils
7	Safa → Marwa	Acceptance	رَبَّنَا تَقَبَّلْ مِنَّا	Accept this from us

What Happens at the Green Markers During Sai

Between Safa and Marwa, you'll notice two sets of bright green fluorescent lights above the corridor. These mark a special section — the valley where Hajar could not see her baby and ran faster out of worry. **Men should jog or walk briskly** between the green markers. Women walk at their normal pace throughout. There is **no specific dua** for this section — just continue with your chosen dhikr or dua.



green markers in sai corridor between safa and marwa where men jog

These green lights commemorate Hajar's worry and her extra effort. It's a moving moment. Men, remember: only jog between the green markers. Outside that area, walk normally.

What to Do After Completing All 7 Laps of Sai

Your Sai ends at Marwa after the seventh lap. Stand, make a final personal dua — pour your heart out. This is a moment of acceptance. Then proceed to **Halq** (shaving your head, men) or **Taqsir** (trimming hair, women). Women trim a fingertip length from the end of their hair. Once this is done, your Umrah is complete and you exit Ihram. All Ihram restrictions are now lifted. For full details on Ihram rules and step-by-step Umrah, see our full guides.

Sai Rules Every Pilgrim Should Know

Here are the Sai rules every UK pilgrim should know. We've helped thousands of British families, and these are the most important points we share — especially for first-timers.

Essential Sai Rules for Men and Women

1. **Start at Safa, end at Marwa.**
2. **7 laps total.** Safa to Marwa = 1. Marwa to Safa = 2. And so on.
3. **Face the Kaaba direction** at the top of Safa and Marwa before making dua.
4. **Men jog** briskly between the green markers. **Women walk normally** throughout.
5. **Wudu (ablution) is recommended but NOT required** for Sai. (Unlike Tawaf, where wudu is required.)
6. **Complete Tawaf before starting Sai.** See our tawaf dua guide.
7. **Continuity is recommended**, but you can take breaks if needed.

Practical Sai Tips for UK Pilgrims Performing It for the First Time

1. The Sai corridor has several floors. **Upper floors are usually less crowded** — ideal for UK families or elderly.
2. The total walking distance is about **3.15 km** for all 7 laps. Wear comfortable shoes or sandals (permitted for Sai).
3. Stay hydrated. **Zamzam water** coolers are available along the corridor.
4. **Use a counter app** on your phone or a simple tasbeeh to track your laps. (Trust us, it’s easy to lose count.)
5. Don’t rush. Sai is not a race. **Walk with purpose and remembrance.**
6. From our Noor Umrah Travels experience: do Sai during quieter hours — after Isha or early morning. It’s easier, especially for UK first-timers.



upper floor sai corridor safa marwa less crowded for uk pilgrims first time umrah

If you'd like our team to help you plan the best time for your Umrah or want a free printable dua card, just contact Noor Umrah Travels — we're here for UK pilgrims every step of the way.

Common Mistakes to Avoid During Sai Duas

Here are the top mistakes we see UK pilgrims make during Sai and its duas. Don't worry if you've made one — now you know how to avoid them!

1. **Forgetting to recite the Quranic verse (Innassafa wal-Marwata) when first approaching Safa.** It is only said once, not at every lap.
2. **Reciting the verse at every lap** — remember, it's just at the very first approach to Safa.
3. **Panicking about missing a fixed dua for each lap.** There isn't one — your personal dua is always accepted.
4. **Only reading from a book or phone, without making heartfelt personal dua.** Speak from your heart.
5. **Women jogging between the green markers** — this is only for men.
6. **Starting Sai from Marwa instead of Safa.** Always begin at Safa.

7. **Not making dua at the top of Safa and Marwa.** These are special, Sunnah moments of dua acceptance.

FAQ - Frequently Asked Questions About Dua for Safa and Marwa



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Can you make dua in English during Sai or must it be Arabic?

You can make dua in any language during Sai, including English. There is no Islamic requirement to only recite Arabic between Safa and Marwa. The confirmed Sunnah dhikr at the top of each hill is in Arabic, but your personal duas while walking can be in any language. Allah understands every word regardless of language.

Can you read duas from your phone while doing Sai?

Yes. There is no prohibition on using your phone or a dua booklet during Sai. Many UK pilgrims download dua apps or save this guide on their phone and read from it while walking. Just balance screen reading with moments of genuine spiritual presence — look around, feel the history, and speak to Allah from your

heart.

Do you need wudu for Sai?

No. Wudu is not a requirement for Sai according to the majority of scholars. This is different from Tawaf where wudu is required. However, being in a state of wudu is always preferred and recommended when performing any act of worship. If your wudu breaks during Sai, you may continue without repeating it.

Can women do Sai during their menstrual period?

Yes. Unlike Tawaf, women CAN perform Sai during their menstrual period according to the majority of scholars. This is an important practical point for UK female pilgrims. Tawaf must be delayed until purification, but Sai does not require the state of purity. Consult your group imam for specific guidance.

What should you do if you lose count of your Sai laps?

If you are unsure whether you completed 6 or 7 laps, take the lower number and complete one more to be safe. Always remember: odd-numbered laps end at Marwa, even-numbered laps end at Safa. So if you are at Marwa and unsure, you are on an odd lap. Use a counter app or tasbeeh to avoid confusion.

Can you take a break during Sai and resume later?

Yes. You may pause for rest, water, to pray a congregational salah, or for any genuine need. Resume from where you stopped. You do not need to restart from the beginning. The majority of scholars permit breaks during Sai as long as the gap is not unreasonably long.

What is the difference between Sai in Umrah and Sai in Hajj?

The physical act of Sai is identical in both Umrah and Hajj. You walk 7 laps between Safa and Marwa in both cases. The difference is timing: in Umrah, Sai comes after Tawaf al-Umrah. In Hajj, Sai comes after Tawaf al-Ifadah on the 10th of Dhul Hijjah, or it can be done after Tawaf al-Qudum for those performing Hajj Tamattu.

Can you make dua for someone else during Sai?

Absolutely yes. Sai is a deeply personal act of worship and a prime time for dua. Pray for your parents, children, spouse, friends, those who are ill, and the entire Muslim Ummah. The Prophet (peace be upon

him) said when you make dua for someone in their absence, an angel says Ameen and asks for the same for you.

DOWNLOAD: Free Sai Dua Card PDF – Click to Download

Conclusion

Every step you take between Safa and Marwa carries the weight of a mother's love and trust in Allah. Hajar did not give up after one trip or two — she ran seven times. When your legs grow tired on lap 5 or 6, remember her. Pour every dua in your heart into these steps, because the Lord who answered Hajar in the desert is listening to you too. May Allah accept your Sai, answer your **dua for Safa and Marwa**, and reunite you with His House again and again. Ameen.

If you're ready to book your Umrah or want help preparing spiritually and practically, speak to our Noor Umrah Travels team. We're honoured to help UK pilgrims every step of the way in 2026 and beyond.

Written by Noor Umrah Travels Team | Last Updated: March 2026

Helpful next steps for UK pilgrims

If you want to turn this advice into a clear plan, the pages below will help you go one step further. They cover the wider rules, package choices, checklists, and practical travel points that usually come up after you finish a guide like this one.

- Hajj Packages UK 2026 This pillar page gives you the full background, key rules, and step-by-step context around this topic. It is the best place to go if you want the bigger picture before you make any travel decisions. It is especially helpful if you are looking for hajj packages uk.
- Umrah Packages from Bradford This page is useful when you want real options, package details, hotel information, and practical UK departure planning. It helps you compare what is available instead of staying at the research stage. It is especially helpful if you are looking for umrah packages from bradford.
- Best Ramadan Umrah Packages UK 2026: Full Month vs Last 10 Nights This supporting guide answers a closely related question and adds more detail, examples, or travel tips. It works well as your next read if you want a narrower answer after this main article. It is especially helpful if you are looking for Discover the best Ramadan Umrah Packages UK 2026. Compare full month vs last 10 nights, prices, and travel tips for UK pilgrims.

- Best Time to Perform Umrah 2026: Cheapest, Coolest & Least Crowded Months This supporting guide answers a closely related question and adds more detail, examples, or travel tips. It works well as your next read if you want a narrower answer after this main article. It is especially helpful if you are looking for Discover the best time to perform Umrah in 2026. Find cheapest, coolest, and least crowded months for a peaceful and affordable spiritual journey.
- 10 Days 3 Star Umrah Package This page is useful when you want real options, package details, hotel information, and practical UK departure planning. It helps you compare what is available instead of staying at the research stage.
- How Can You Get a Saudi eVisa from the UK? Complete Application Guide This supporting guide answers a closely related question and adds more detail, examples, or travel tips. It works well as your next read if you want a narrower answer after this main article. It is especially helpful if you are looking for Learn how to get a Saudi eVisa from the UK. Step-by-step guide covering requirements, fees, processing time, and travel tips.

Reading a few of these pages together will give you a fuller view than relying on one article alone. That matters even more when you are comparing routes, costs, rituals, and timing from the UK.

Small planning details make a big difference. A stronger plan usually means fewer rushed decisions, fewer missed steps, and a calmer journey overall. That is why we always suggest reading the core pillar guide, one practical package page, and a few narrower support articles before you book or travel.

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