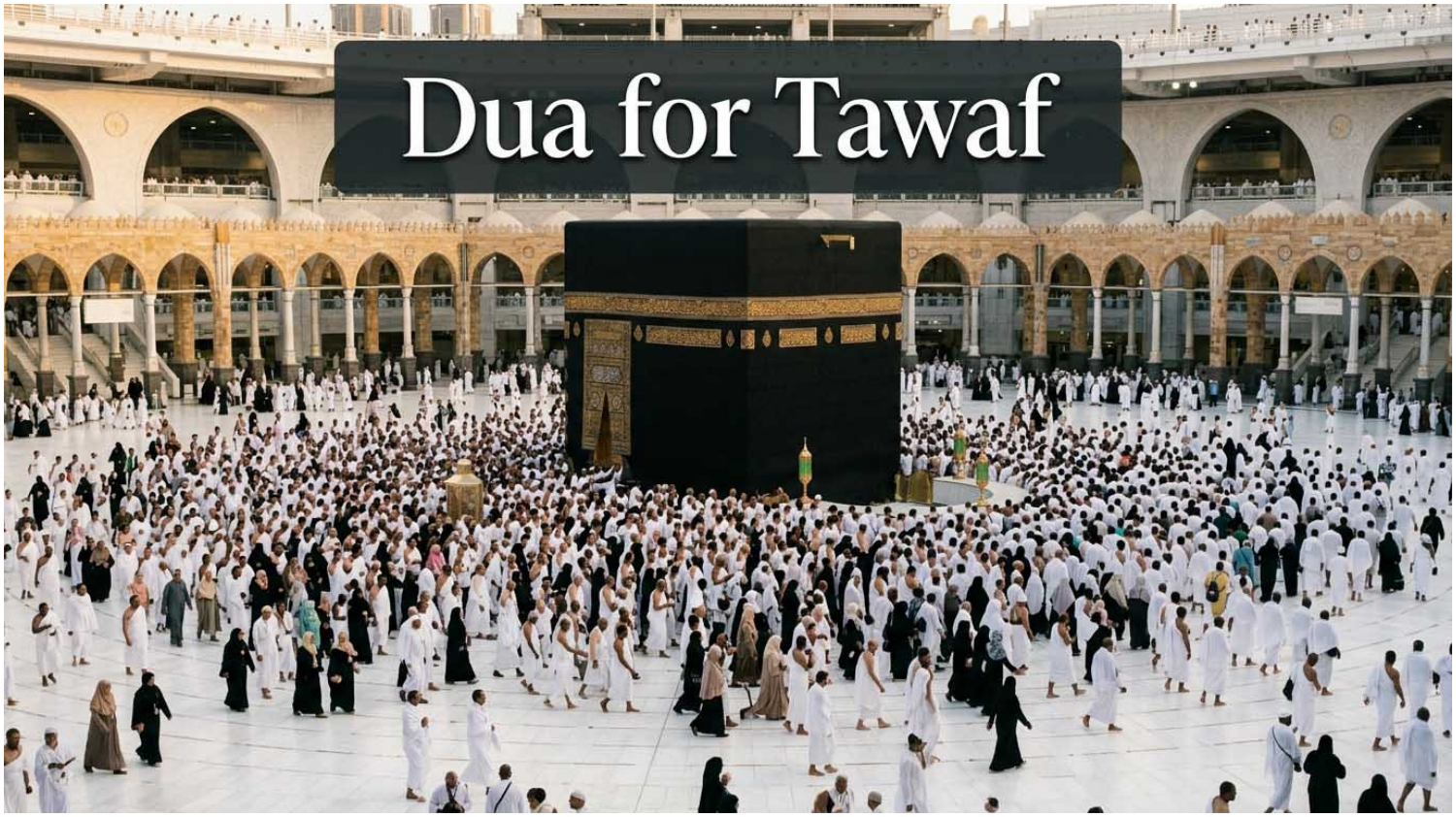
NOOR UMRAH TRAVELS

# Dua for Tawaf – All 7 Rounds with Arabic, English and Transliteration

Complete dua for tawaf guide. Duas for all 7 rounds in Arabic and English, dua at Hajar al-Aswad, Maqam Ibrahim and Multazam. Free downloadable PDF.

Published 05 Apr 2026 · 3,094 words · 16 min read




It’s a moment you’ll never forget — the first time you step into Masjid al-Haram and see the Kaaba before starting your tawaf. For UK pilgrims, this is often the most emotional part of Umrah or Hajj. We’ve helped thousands prepare for this, and honestly, almost everyone asks the same thing: What’s the right **dua for tawaf**? What do I say in each round? How do I make my tawaf count?

This guide is part of our complete Umrah dua list, created for British Muslims just like you. We’ll give you every dua you need — in Arabic, transliteration, and English — for all 7 rounds, with special duas for the Black Stone, Maqam Ibrahim, and Multazam. And yes, there’s a free dua card PDF you can download at the end.

If you’d like help planning your trip or have any worries about your first tawaf, our team at Noor Umrah Travels is here for you. Let’s get started.



*dua for tawaf complete guide pilgrims performing tawaf around kaaba 2026*

## What Is Tawaf and Why Are Duas So Important During It?

**Tawaf** is walking around the Kaaba seven times in an anticlockwise direction. It’s not just a ritual — it’s a direct act of worship, one of the greatest forms of dhikr (remembrance of Allah). Scholars say that dua made here is among the most likely to be accepted. The Prophet Muhammad (peace be upon him) made dua throughout his tawaf. This is your chance to pour your heart out to Allah.

For UK Muslims, coming all the way to Makkah is a huge effort. Make every step count. In this guide, you’ll find every **dua for tawaf** in Arabic, transliteration, and English. You’ll know what to say, where to say it, and why it matters.

## An Important Note Before You Begin - Are There Fixed Duas for Each Round?

Let’s clear up a big misconception: **There is NO mandatory, fixed dua for each round of tawaf from the Sunnah.** You can read Quran, make dhikr, or speak to Allah in any language during tawaf. The only confirmed Sunnah dua is between the Yemeni Corner and the Black Stone (we’ll cover this below).

Still, scholars have suggested beautiful Quranic duas for each round to help you focus. We present those here — but don’t panic if you miss one. Allah wants your sincerity, not perfection. This honesty is why UK pilgrims trust Noor Umrah Travels (and trust us, we get asked this a lot!).

Recommended Dua

### Dua for Tawaf - What to Say at the Start of Each Round

**ARABIC**

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ

**TRANSLITERATION**

*Bismillahi Wallahu Akbar*

**TRANSLATION**

In the name of Allah, Allah is the Greatest.

## Recommended Duas for Each of the 7 Rounds of Tawaf

These are scholar-recommended duas, not obligatory. You’re free to speak to Allah in any language. Many UK pilgrims find it helpful to follow these as a structure. Each dua is from the Quran or Sunnah, with reflection to help you connect.

Recommended Dua

### Round 1 - Dua for Guidance and Steadfastness

**ARABIC**

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِن لَّدُنكَ رَحْمَةً إِنَّكَ أَنتَ الْوَهَّابُ

**TRANSLITERATION**

*Rabbana la tuzigh quloobana ba'da idh hadaytana wa hab lana min ladunka rahmah. Innaka Antal-Wahhab.*

**TRANSLATION**

Our Lord, do not let our hearts deviate after You have guided us and grant us mercy from You. Truly, You are the Bestower.

Recommended Dua

## Round 2 - Dua for Forgiveness

**ARABIC**

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

**TRANSLITERATION**

*Rabbanaghfir lana dhunoobana wa kaffir anna sayyi'atina wa tawaffana ma'al abrar.*

**TRANSLATION**

Our Lord, forgive us our sins, remove from us our misdeeds, and cause us to die with the righteous.

Recommended Dua

## Round 3 - Dua for Tawaf Seeking Good in Both Worlds

**ARABIC**

رَبَّنَآ آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

**TRANSLITERATION**

*Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina adhab an-nar.*

**TRANSLATION**

Our Lord, give us good in this world and good in the Hereafter and protect us from the punishment of the Fire.

Recommended Dua

## Round 4 - Dua for Ease and Strength

**ARABIC**

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي يَفْقَهُوا قَوْلِي

**TRANSLITERATION**

*Rabbishrahli sadri wa yassirli amri wahlul uqdatan min lisani yafqahu qawli.*

**TRANSLATION**

My Lord, expand for me my chest, ease my task for me, and untie the knot from my tongue so they may understand my speech.

Recommended Dua

## Round 5 - Dua for Tawaf Asking for Family and Righteous Offspring

**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.

Recommended Dua

## Round 6 - Dua for Provision and Protection from Haram

**ARABIC**

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

**TRANSLITERATION**

*Allahumma akfini bihalalika an haramika wa aghnini bifadlika amman siwak.*

**TRANSLATION**

O Allah, suffice me with what You have allowed instead of what You have forbidden, and make me independent of all besides You by Your bounty.

Recommended Dua

### Round 7 - Dua for Acceptance

**ARABIC**

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنتَ 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.

## The Sunnah Dua Between Rukn Yamani and Hajar al-Aswad

Here’s the thing: the ONLY confirmed Sunnah dua for a particular location during tawaf is between the **Yemeni Corner (Rukn Yamani)** and the Black Stone. As you walk this short stretch in EVERY round, recite:

### Dua Between Rukn Yamani and Hajar al-Aswad

**ARABIC**

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

**TRANSLITERATION**

*Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina adhab an-nar*

**TRANSLATION**

Our Lord, give us good in this world and good in the Hereafter and save us from the punishment of the Fire.

**REFERENCE**

Quran 2:201 / Abu Dawud 1892

That’s it. Repeat this every round — it’s short, powerful, beloved by the Prophet (peace be upon him). Don’t stress about memorising lots of Arabic. If you only remember one **dua for tawaf**, make it this one.

## What to Say When You Reach the Black Stone (Hajar al-Aswad)

At the start of each round, when you reach the Black Stone, do one of the following:

- If you can touch or kiss it, say: **Bismillahi Wallahu Akbar**. (In the name of Allah, Allah is the Greatest.)
- If the crowd is heavy (it usually is for UK pilgrims in 2026), face the Black Stone, raise your right hand, and say: **Allahu Akbar**. Don’t push or shove. Safety first.

Reference: Bukhari 1613. Remember, Allah accepts your intention — not how close you got physically.

Recommended Dua

### Dua at Maqam Ibrahim After Completing Tawaf

**ARABIC**

وَاتَّخِذُوا مِن مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

**TRANSLITERATION**

*Wattakhidhu min maqami Ibrahima musalla*

**TRANSLATION**

And take the Station of Ibrahim as a place of prayer.

## Dua for Tawaf at the Multazam - The Place Where Duas Are Answered

The **Multazam** is the area between the Black Stone and the door of the Kaaba. It’s a powerful place for dua — many scholars say it’s among the best spots on earth to ask Allah for anything. There’s no fixed dua here. If you can reach it, press your chest, face, and hands against the wall and pour out your heart. If not, face it from a distance and make your most personal dua. Don’t be shy — ask for everything, big or small.



*dua at multazam kaaba where duas are answered during tawaf*

# Tawaf Rules and Etiquette Every Pilgrim Should Know

We've seen it all: first-timers getting anxious, people losing track of rounds, or unsure about men's and women's rules. Let's make it simple.

## Essential Tawaf Rules for Men and Women

- Start each round at the Black Stone (Hajar al-Aswad).
- Walk anticlockwise with the Kaaba on your left.
- Complete exactly 7 rounds — keep count.
- Men perform **Ramal** (brisk walking) in the first 3 rounds of their first tawaf only. Women walk normally.
- Men perform **Idtiba** (right shoulder exposed under the Ihram) during tawaf. Women do not.
- Maintain **wudu** (ablution) throughout tawaf. If it breaks, redo wudu and resume where you stopped.
- Women who are menstruating must wait until purified to perform tawaf.
- Do not push or shove at the Black Stone. Safety is always first.

Read our ihram rules blog for details on entering Ihram and what's allowed.

## Practical Tips for UK Pilgrims Performing Tawaf for the First Time

1. The ground floor is the busiest. If you want space, try the upper floors or rooftop.
2. Go during off-peak hours: after Isha, very late at night, or before Fajr.
3. Keep your dua card or phone handy, but don't forget to actually *feel* your tawaf — look at the Kaaba, reflect, and connect.
4. Stay hydrated. Zamzam water is available all over the mosque.
5. Wear comfy sandals, or go barefoot — but remember, the marble can get hot.
6. Noor Umrah Travels briefs every UK pilgrim before departure, so you'll always know what to do.

If you want guidance before your trip, reach out to our team — we're always happy to help.

# Common Mistakes to Avoid During Tawaf Duas

1. Thinking there is a fixed compulsory dua for each round. There isn't — don't panic if you forget!

2. Reciting Arabic duas you don’t understand and skipping your personal prayers. Dua in English is fine.
3. Rushing through the duas just to keep up with the crowd. Go at your pace.
4. Forgetting the Sunnah dua (Rabbana Atina) between Rukn Yamani and Hajar al-Aswad. This is the one you shouldn’t miss.
5. Pushing or shoving to touch the Black Stone. Pointing from a distance is just as rewarding and much safer.
6. Only reading from a booklet and never speaking from the heart. Make tawaf your conversation with Allah.
7. Missing dua at Maqam Ibrahim after tawaf — it’s a golden window for acceptance.

## FAQ - Frequently Asked Questions About Dua for Tawaf




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Can you make dua in English during tawaf or does it have to be in Arabic?

You can make dua in any language during tawaf including English. Allah understands all languages. Arabic duas from the Quran and Sunnah carry special virtue, but your personal heartfelt dua in English is completely valid and accepted. Many scholars recommend mixing both — recite the Arabic duas provided in this guide and then add your personal prayers in English between them.

Can you read dua from your phone during tawaf?

Yes. Many pilgrims use their phone or a small dua booklet during tawaf. There is no Islamic prohibition on this. However, try to balance reading from your phone with moments of genuine spiritual connection — look at the Kaaba, feel the atmosphere, and speak to Allah from your heart rather than only reading from a screen.

What is the difference between Ramal and normal walking in tawaf?

Ramal is brisk walking with short steps and a slightly puffed chest. It is performed by men only during the first three rounds of their first tawaf in Umrah or the Tawaf al-Qudum in Hajj. The remaining four rounds are walked at a normal pace. Women walk normally throughout all seven rounds. Ramal is a Sunnah practice, not obligatory.

Do women have to follow different dua rules during tawaf?

No. Women recite exactly the same duas as men during tawaf. The only differences are practical: women do not perform Ramal or Idtiba, they recite the Talbiyah softly rather than loudly, and they should avoid pushing into the Black Stone crowd. All duas, dhikr, and Quran recitation during tawaf are the same for both men and women.

What should you do if you lose count of your tawaf rounds?

If you are unsure whether you have completed 6 or 7 rounds, take the lower number and complete an additional round to be safe. It is better to do one extra round than to finish short. Stay calm and ask Allah for ease. Some pilgrims use a digital counter app on their phone or a simple tasbeeh counter to keep track.

Can you take a break during tawaf and resume later?

Yes. If you need to stop for wudu, rest, a meal, or to pray a congregational salah, you may resume your tawaf from where you stopped according to the majority of scholars. You do not need to start over. However, try to remember which round you were on and the approximate position.

Is there a specific dua for Tawaf al-Wida (farewell tawaf)?

There is no specific separate dua for Tawaf al-Wida. The same duas and dhikr you recite during any tawaf apply. However, Tawaf al-Wida is your last act in Makkah, so make it spiritually powerful. Pour your heart out knowing it may be the last time you see the Kaaba. Ask Allah to bring you back again.

Can you make dua for someone else during tawaf?

Absolutely yes. Making dua for others is one of the most beautiful acts in Islam. The Prophet SAW said that when you make dua for someone in their absence, an angel says Ameen and the same for you. Tawaf is a prime time to pray for your parents, children, spouse, friends, the sick, and the entire Ummah.

If you want a handy version to carry with you, download our **Free Tawaf Dua Card PDF** below. It's mobile-friendly and printable, perfect for UK pilgrims in 2026.

Download Dua for Tawaf Card PDF

**Conclusion**

Tawaf isn't just walking in circles. It's walking in the footsteps of Ibrahim (peace be upon him), Hajar (peace be upon her), and the Prophet Muhammad (peace be upon him). Every **dua for tawaf** you make is heard by the Lord of the Kaaba Himself. Use the duas and tips we've shared, but then speak openly from your heart. Don't worry if you stumble or forget — trust that Allah sees your effort.

Noor Umrah Travels helps UK pilgrims prepare both spiritually and practically for Umrah. If you're ready to book your journey or just want a friendly chat, see our Umrah packages or get in touch for a free quote. May Allah accept your tawaf and answer every dua you make around His House. Ameen.

*Written by Noor Umrah Travels Team, trusted UK Umrah & Hajj travel specialists. 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.
- Can You Perform Umrah on Behalf Can You Perform Umrah on Behalf of Someone Else? 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 perform Umrah on behalf of someone else, who it's allowed for, the right intention, step-by-step method, and mistakes to avoid.

- 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.
- 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.
- 3 Star Umrah Packages 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 3 star umrah packages.

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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