NOOR UMRAH TRAVELS

How to Perform Umrah Step by Step - The Complete Guide for UK Pilgrims

Learn how to perform Umrah step by step with this complete 2026 guide. Covers Ihram, Tawaf, Sa'i, duas and practical tips for UK pilgrims.

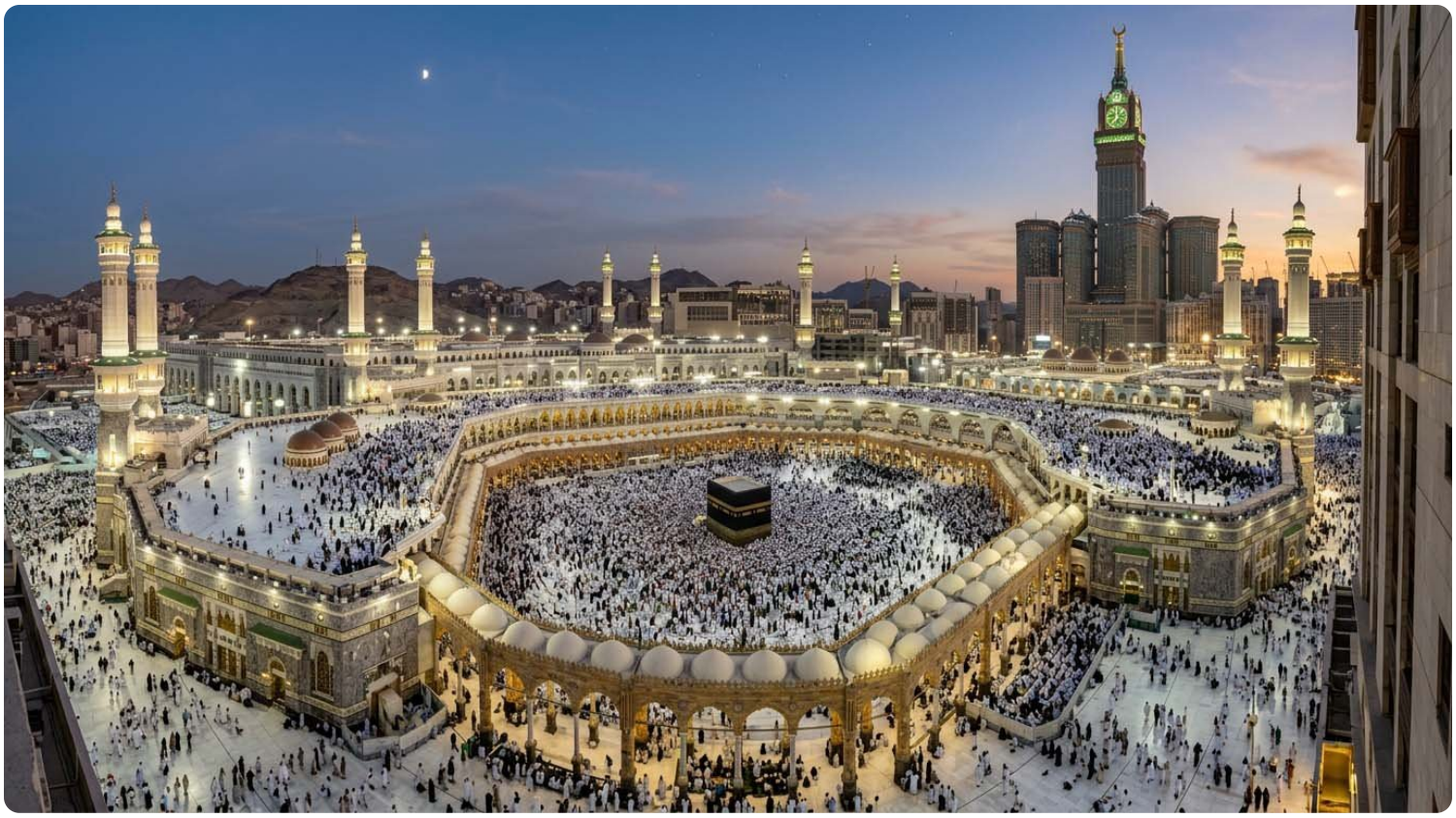
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Planning your Umrah can feel overwhelming, especially if it's your first time. To be honest, that's exactly why we created this guide—so UK pilgrims can feel confident at every step. If you're searching for **how to perform Umrah step by step**, you're in the right place.

We'll walk you through each ritual, what to say, what to do, and the differences for men and women. Plus, we've woven in practical UK tips, common mistakes (trust us, we've seen them all), and links to key pages like our Umrah packages for when you're ready to book.

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



how to perform umrah step by step guide pilgrims at kaaba 2026

What Is Umrah and Why Is It Important?

Umrah is a blessed journey to Masjid al-Haram in Makkah. It's not compulsory like Hajj, but it's a deeply rewarding Sunnah for every Muslim. The Prophet Muhammad (peace be upon him) said, "From one Umrah to another is an expiation for sins committed between them" (Bukhari 1773, Muslim 1349). That's a huge spiritual gift.

Unlike Hajj, which has fixed dates in Dhul Hijjah, you can perform Umrah any time of year. Think of it as a way to renew your faith, seek forgiveness, and connect with Allah. The main steps are Ihram, Tawaf, Sa'i, and finishing with Halq or Taqsir.

In short: It's a journey of the heart, not just the body.

Preparing for Umrah from the UK

Getting ready starts long before you land in Makkah. Here's what you need to know.

Umrah Visa and Travel Documents

You'll need a UK passport with at least 6 months' validity. For 2026, most UK pilgrims use the Saudi e-visa or apply for an Umrah visa through the Nusuk platform. The e-visa usually includes travel insurance. Don't forget your NHS certificate for the Meningitis ACWY jab—it's required. Download the **Nusuk** app; you'll need it in Saudi Arabia.

Rules change, so double-check the latest advice on gov.uk and haj.gov.sa before your flight.

Booking Flights and Hotels

Direct flights leave from Heathrow, Manchester, and Birmingham to Jeddah Airport. Some routes go via Madinah if you want to visit the Prophet's Mosque. It's smart to book hotels close to the Haram—walking distance saves your feet and your energy.

Our Noor Umrah Travels team can handle flights and hotels, so you don't have to worry about a thing. All our packages are ATOL-protected for your peace of mind.

What to Pack for Umrah

Here's a quick list UK pilgrims always find handy:

- Ihram clothing (men: two white unstitched sheets)
- Comfortable, slip-on sandals (no socks in rituals)
- Unscented toiletries (very important!)
- Small dua book or printed dua card
- Phone, charger, UK plug adapter
- Simple rucksack or waist pouch for essentials
- Comfortable walking shoes for non-ritual days

Want a full checklist? See our Umrah Packing List from the UK.

Spiritual Preparation

Umrah is more than ticking rituals off a list. Start preparing your heart early. Learn the steps now. Memorise the Talbiyah (the main chant of Umrah). Write your own dua list—you'll want it when you see the Kaaba. Increase your prayers, charity, and ask forgiveness from anyone you may have wronged. Set

a sincere intention: this journey is for Allah alone.

Step 1 - Entering the State of Ihram

This is where your Umrah truly begins. You can't start the rituals without Ihram.

What Is Ihram?

Ihram isn't just special clothing. It's a sacred state where you focus only on pleasing Allah. You enter Ihram by putting on the right clothes and making the intention for Umrah. You must do this before crossing the Miqat (boundary line around Makkah).

What to Wear for Ihram - Men

Men wear two plain white sheets: one (Izar) is wrapped around the waist, the other (Rida) draped over the shoulders. No underwear, socks, or stitched clothes. No hats or anything covering the head. Footwear should expose the ankles and top of the foot—think simple sandals.

What to Wear for Ihram - Women

Women wear normal, modest loose-fitting clothes. No special colour is needed. Abaya and hijab are fine. Do **not** wear a niqab (face veil that touches the face) or gloves in Ihram. You can drape a scarf if you need to cover your face, as long as it doesn't touch. And, of course, no perfume.

Where Is the Miqat?

Miqat means the boundary where Ihram must be entered. If you're flying from the UK, the pilot will usually announce the Miqat before landing in Jeddah. Most UK pilgrims change into Ihram at the airport—Heathrow, Manchester, or Birmingham—before boarding. The Miqat for UK routes is usually Al-Juhfah or Dhul Hulayfah. If in doubt, ask your group leader or flight crew.

How to Enter Ihram - The Process

1. **Ghusl** (full wash) or at least wudu (ablution).
2. Put on Ihram clothing.
3. Pray 2 rakah Sunnah (not obligatory, but recommended).

4. Make your intention: "*Labbayka Allahumma Umrah*" (O Allah, here I am for Umrah).
5. Start reciting the **Talbiyah** (see below).

The Talbiyah - What to Recite

Talbiyah (Entering Ihram)

ARABIC

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

لَا شَرِيكَ لَكَ

TRANSLITERATION

Labbayk Allahumma labbayk, labbayka la shareeka laka labbayk, innal hamda wan-ni'mata laka wal-mulk, la shareeka lak

TRANSLATION

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

REFERENCE

Bukhari 1549, Muslim 1184

Men say it loudly, women softly. Keep repeating it until you reach the Kaaba for Tawaf.

What Is Forbidden in the State of Ihram?

This part is critical. Once in Ihram, the following are forbidden:

- **No perfume** (including scented soap, deodorant, aftershave)
- **No cutting** hair or nails
- **No sexual relations** or romantic talk
- **No hunting, killing insects** or uprooting plants in Haram boundary

- **No fighting** or arguing
- Men: No stitched or tailored clothing, no head covering, no closed shoes
- Women: No niqab (face veil that touches the face), no gloves

If you break a rule by accident, you may need to offer fidyah (compensation). Ask your group leader or a scholar for advice.



ihram clothing for umrah men two white sheets women modest dress

Step 2 - Arriving at Masjid al-Haram

When you arrive in Makkah, your heart will beat faster—trust us, we've seen it on every group trip. Enter Masjid al-Haram with your right foot, and recite the dua for entering a mosque.

Dua for Entering Masjid al-Haram

ARABIC

بِسْمِ اللّٰهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُوْلِ اللّٰهِ اَللّٰهُمَّ افْتَحْ لِيْ أَبْوَابَ رَحْمَتِكَ

TRANSLITERATION

Bismillah, was-salatu was-salamu ala Rasulillah, Allahummaf-tah li abwaba rahmatik

TRANSLATION

In the name of Allah, and peace and blessings be upon the Messenger of Allah. O Allah, open for me the doors of Your mercy.

REFERENCE

Sahih Muslim

When you see the Kaaba for the first time, pause and make a heartfelt dua. It's a moment you won't forget. You can find detailed duas for this moment in our Complete Umrah Guide.

The Talbiyah usually stops when you see the Kaaba or begin Tawaf (scholars differ, both are valid).

Step 3 - Performing Tawaf (Circling the Kaaba)

This is the heart of Umrah. You'll circle the Kaaba seven times, anti-clockwise, starting and ending at the Black Stone (Hajar al-Aswad).

What Is Tawaf?

Tawaf means walking around the Kaaba seven times in an anti-clockwise direction. You must be in wudu (ablution). Each round starts and ends at the Black Stone.

Idtiba - Men Only

Men uncover the right shoulder by putting the Rida (upper sheet) under the right armpit and over the left shoulder. This is called Idtiba. Do it only during Tawaf, not before or after. Women do not do Idtiba.

Ramal - Men Only, First 3 Rounds

For the first three rounds, men walk briskly with short steps (Ramal). The last four are at a normal pace. If it's too crowded, just walk normally—no sin. Women walk at normal speed throughout.

Starting at the Black Stone

Face the Black Stone. If you can, touch and kiss it with your right hand. Usually, it's crowded, so just raise your right hand, face the stone, and say "Bismillah, Allahu Akbar". This is your starting line for every round.

What to Recite During Tawaf

There's no compulsory dua for each round. This surprises a lot of first-timers. You can make any dua, dhikr, or recite Quran. Between the Yemeni Corner and Black Stone, the Sunnah is to recite:

Dua Between Yemeni Corner and Black Stone

ARABIC

رَبَّنَآ آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

TRANSLITERATION

Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina adhaban-nar

TRANSLATION

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

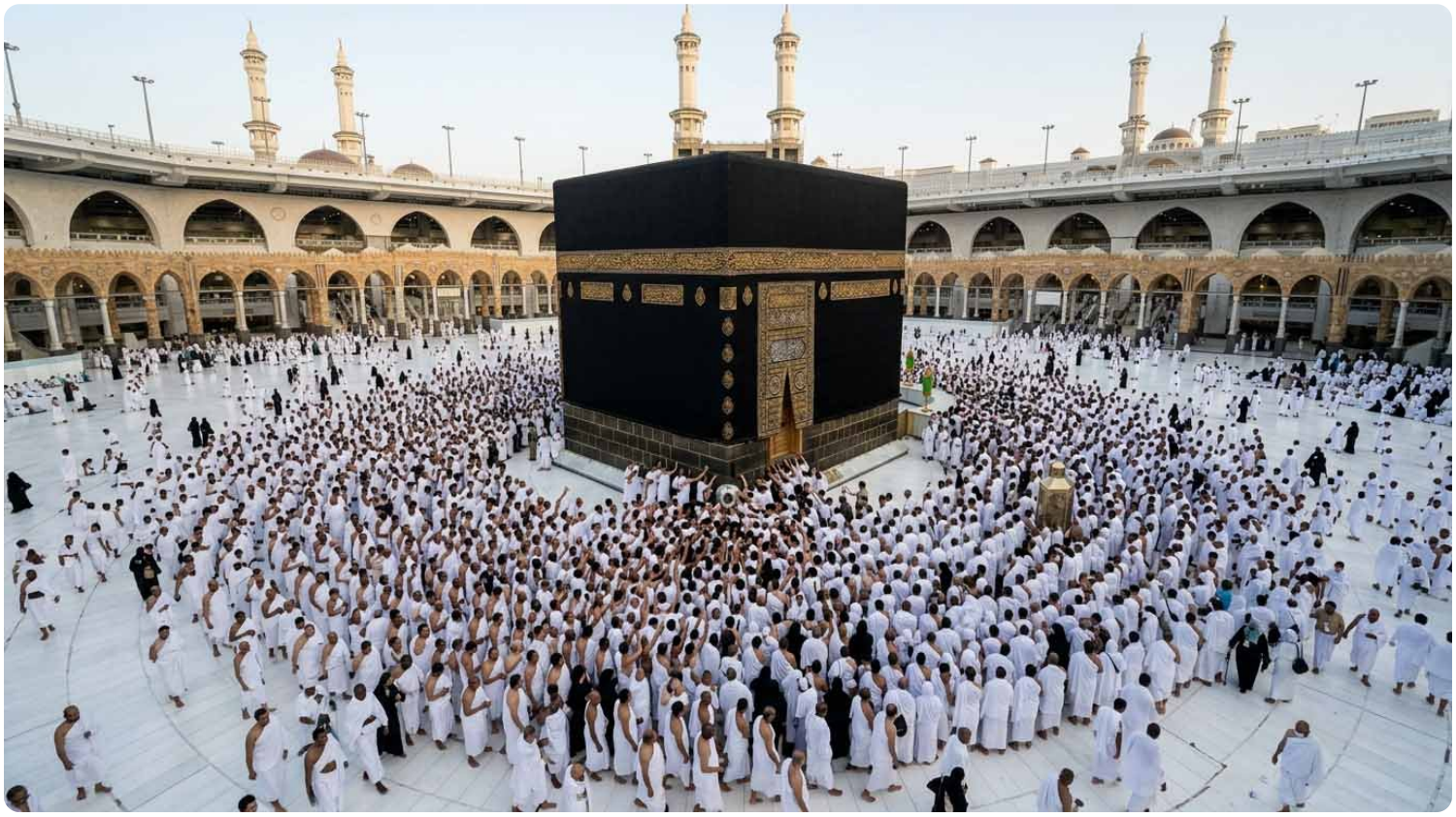
REFERENCE

Quran 2:201

For more duas, check our detailed Umrah dua guide.

Common Mistakes During Tawaf

- Not staying in wudu
- Miscounting rounds (use your fingers or phone)
- Pushing or shoving (not allowed!)
- Taking selfies or videos mid-Tawaf
- Thinking there are fixed duas for each round
- Men: forgetting Idtiba or Ramal
- Not starting or ending at the Black Stone



how to perform tawaf around kaaba during umrah step by step

Tawaf Rules - Men vs Women Comparison

Rule	**Men**	**Women**
Idtiba (right shoulder exposed)	Yes, during Tawaf only	No
Ramal (brisk walk, 1st 3 rounds)	Yes	No, normal pace
Counting	7 rounds	7 rounds

Rule	Men	Women
Direction	Anti-clockwise	Anti-clockwise
Starting point	Black Stone	Black Stone
Wudu required	Yes	Yes
Dua during Tawaf	Any dua/Quran	Any dua/Quran

Step 4 - Prayer at Maqam Ibrahim

After finishing Tawaf, cover both shoulders (men). Move to Maqam Ibrahim—a glass enclosure near the Kaaba. If it's crowded, pray anywhere in Masjid al-Haram. Pray 2 rakah: Surah Al-Kafirun (109) in the first, Surah Al-Ikhlas (112) in the second (Muslim 1218).

Make personal dua after prayer. It's a powerful moment for your requests.

Step 5 - Drinking Zamzam Water

Now, head to the Zamzam water area, usually at the side of the mosque. Drink while facing the Kaaba. Make a sincere dua—Zamzam is for whatever it is drunk for (Ibn Majah 3062). For the dua, see our Umrah dua guide.



drinking zamzam water after tawaf during umrah pilgrimage

Step 6 - Performing Sa'i (Walking Between Safa and Marwah)

For Sa'i, you'll walk seven times between the hills of Safa and Marwah. This is inside a cool, marble-floored corridor within the mosque.

What Is Sa'i?

Sa'i remembers Hajar (peace be upon her) searching for water for her son Ismail. Start at Safa, end at Marwah after seven laps. Each leg (Safa to Marwah = 1, Marwah to Safa = 2) counts as a lap.

Starting at Safa

Face the Kaaba from the base of Safa. Recite:

Dua at Safa (Start of Sa'i)

ARABIC

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

TRANSLITERATION

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

TRANSLATION

Indeed, Safa and Marwah 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). On the hill, face the Kaaba, raise your hands, and make dua three times, with personal prayers in between. For full Sa'i duas, see our detailed Umrah dua guide.

The Green Marker Area - Men vs Women

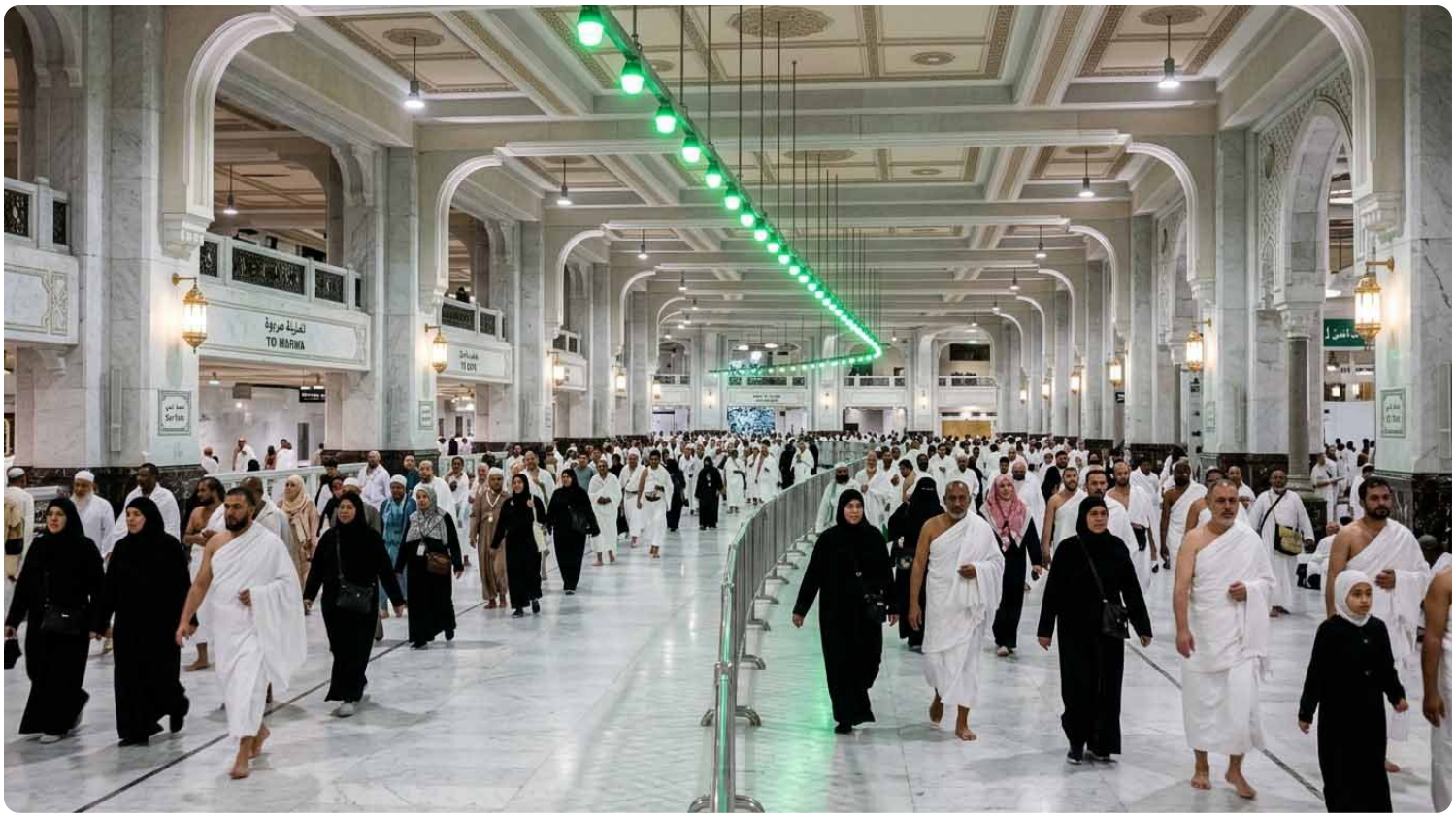
Inside the Sa'i corridor, look for the green lights about a third of the way along. Men should walk briskly or jog lightly between them. Women walk normally the whole way—no running needed.

What to Recite During Sa'i

There's no fixed dua for each lap. Make any dua, dhikr, or recite Quran. At the tops of Safa and Marwah, repeat the special dhikr three times with personal dua between. Find full duas in our Umrah dua list.

Common Mistakes During Sa'i

- Starting at Marwah instead of Safa
- Miscounting laps
- Women running at the green markers (not required)
- Rushing without focus on dua
- Missing the special dua at each hill



sai between safa and marwah during umrah step by step guide

Step 7 - Halq or Taqsir (Shaving or Trimming Hair)

This is the final step. Once you do this, your Umrah is complete and you exit Ihram.

Halq - Shaving the Head (Men)

Halq means shaving the whole head. The Prophet (peace be upon him) made dua three times for those who shave, once for those who trim (Muslim 1301). If you can, choose Halq for the greater reward.

Taqsir - Trimming the Hair (Men and Women)

Men: Cut hair from all over the head, about a fingertip length. Women: Clip about 1-2 cm from the ends of the hair. Women do **not** shave their heads—just a small trim is enough.

After Halq or Taqsir

Now you can change into normal clothes, use perfume, and resume all normal activities. Make a dua of thanks and ask Allah to accept your Umrah. Alhamdulillah, you've made it!

Men vs Women - Complete Umrah Rules Comparison

There are key differences between how men and women perform Umrah. Here's a handy table for quick reference:



umrah rules comparison men vs women ihram tawaf sai differences

Complete Umrah Rules - Men vs Women

Aspect	Men	Women
Ihram clothing	Two white unstitched sheets	Normal modest clothing
Head covering	Not allowed	Must cover head (hijab)
Face covering	Not applicable	No niqab/gloves in Ihram
Talbiyah	Loudly	Softly
Idtiba (Tawaf)	Yes	No
Ramal (Tawaf)	First 3 rounds	No, normal pace

Aspect	Men	Women
Tawaf	7 rounds anti-clockwise	Same
Sa'i green markers	Jog lightly	Walk normally
Halq/Taqsir	Shave or trim	Trim only, about 1-2 cm
Menstruation	Not applicable	Cannot do Tawaf until purified; Sa'i debated

Common Mistakes to Avoid During Umrah

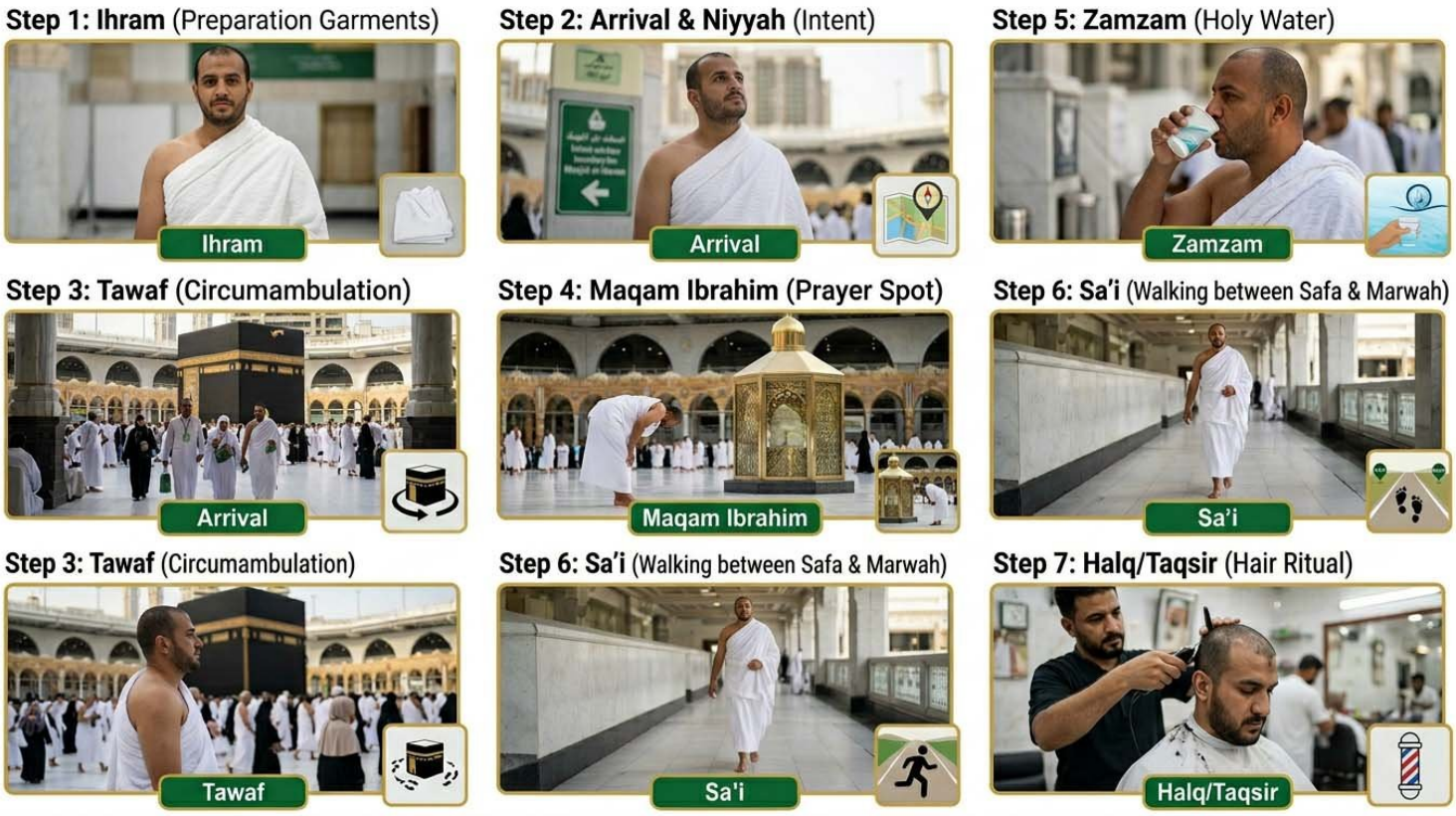
1. Not entering Ihram before the Miqat
2. Wearing stitched clothing in Ihram (men)
3. Using scented products in Ihram
4. Not staying in wudu during Tawaf
5. Believing there are fixed duas for each Tawaf round
6. Pushing or shoving to touch the Black Stone
7. Taking selfies or photos during rituals
8. Starting Sa'i at Marwah instead of Safa
9. Women running at green markers during Sa'i
10. Miscounting Tawaf or Sa'i laps
11. Not covering both shoulders after Tawaf (men)
12. Delaying Halq/Taqsir unnecessarily

How Long Does Umrah Take to Complete?

The main Umrah rituals—Ihram, Tawaf, Sa'i, and Halq/Taqsir—usually take 3 to 6 hours. It depends on crowd levels. During Ramadan or peak season, expect it to take longer. Many UK pilgrims book 7 to 14-day trips to allow time for rest, extra prayers, or a visit to Madinah.

Quick Summary Checklist - Umrah Steps at a Glance

Need a one-glance summary? Here's your Umrah checklist:



how to perform umrah step by step infographic complete journey guide

Umrah Steps Quick Summary Checklist

Step	What to Do	Key Dua or Action
1. Ihram	Wear Ihram, make intention at Miqat	Talbiyah
2. Arrival	Enter Masjid al-Haram, see Kaaba	Dua for entering mosque
3. Tawaf	Circle Kaaba 7 times	Any dua; special dua between Yemeni Corner & Black Stone
4. Maqam Ibrahim	Pray 2 rakah	Personal dua
5. Zamzam	Drink Zamzam water	Dua for Zamzam
6. Sa'i	Walk Safa to Marwah 7 times	Special dhikr at each hill
7. Halq/Taqsir	Shave or trim hair	Dua of gratitude

Download your free printable Umrah Step-by-Step Checklist (A5 pocket card) from Noor Umrah Travels—perfect for your journey. Updated March 2026.

Tips for UK Pilgrims Performing Umrah for the First Time

- Book with a reputable ATOL-protected UK agent
- Download the Nusuk app before you travel
- Memorise the Talbiyah before your flight
- Write your own dua list in a notebook
- Put on Ihram before boarding at Heathrow, Manchester, or Birmingham
- Stay hydrated—Makkah is hot, even in winter
- Wear comfortable, easy slip-on shoes
- Keep your phone charged for duas and group messages
- Be patient with crowds—it’s part of the test
- Visit Madinah if your plan allows—it’s not part of Umrah, but it’s deeply rewarding

Our Umrah Packages are perfect for first-timers. We handle every detail, so you can focus on worship.

FAQ - Frequently Asked Questions About Performing Umrah



What is the difference between Hajj and Umrah?

Hajj is compulsory once in a lifetime and has set dates in Dhul Hijjah. Umrah is Sunnah, can be performed any time, and has shorter rituals. Hajj includes extra days at Mina, Arafat, and Muzdalifah.

Can a woman perform Umrah without a Mahram?

Yes. Saudi Arabia now allows women aged 45+ to travel in organised groups without a Mahram. Women of any age can enter on a tourist visa, but travelling with a Mahram is still recommended for safety and support.

Can you perform Umrah more than once on the same trip?

Yes. After completing Umrah, you can re-enter Ihram from Masjid Aisha (Taneem) and do another Umrah in the same visit.

Do you need a guide or agent to perform Umrah?

It's not compulsory, but for UK first-timers, a reputable agent (like Noor Umrah Travels) makes things much easier. We sort out visas, hotels, flights, and guide you at every step.

What happens if you break an Ihram rule by accident?

You'll usually need to offer fidyah (compensation) like fasting, feeding the poor, or sacrificing an animal. Check with a scholar or group leader for specifics.

Can you perform Umrah on behalf of someone who has passed away?

Yes, you can. Make the intention at Miqat and perform the Umrah as a gift (hadya) for the deceased by name. The reward goes to them.

Is Umrah compulsory in Islam?

Most scholars say Umrah is Sunnah Mu'akkadah (strongly recommended), not Fard (obligatory). Shafi'i and Hanbali schools consider it obligatory once. Either way, it's a blessed act.

What is the best time of year to perform Umrah from the UK?

Any time is possible. Ramadan is the most rewarding but also the busiest. Off-peak months (Muharram to Rabi al-Awwal) are less crowded and cheaper for UK pilgrims.

Ready to book your Umrah? Get a free quote from our specialists at Noor Umrah Travels. May Allah grant you a blessed, accepted Umrah. Ameen.

Written by Noor Umrah Travels Team. Last Updated: March 2026. We've helped thousands of UK pilgrims from London, Manchester, Birmingham, and beyond make their Umrah dreams a reality.

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 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.
- 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.
- 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.

Why this matters for your planning

If you are searching for an how to perform umrah step by step, you usually want one thing: clear guidance you can trust before you travel. That means the information needs to be practical, easy to follow, and tied to the real questions UK pilgrims ask before they leave.

A strong how to perform umrah step by step should not just repeat key terms. It should help you understand what to do next, which pages to read after this one, and how to move from general research to a real travel plan with fewer gaps.

That is also why this how to perform umrah step by step works best when you use it together with the wider step-by-step guides, package pages, and support articles linked above. Reading them together gives you a fuller picture and helps you make better decisions before you book.