

## Day 1 — Arrival & Masjid al-Nabawi

### Morning / Afternoon

- Arrive, check-in, relax and orient yourself.
- Perform Tahiyat al-Masjid at **Al-Masjid an-Nabawi** (the Prophet's Mosque).

[travelumrah.co.uk](http://travelumrah.co.uk)

### Evening

- Maghrib/'Ishā' in the mosque
- Quiet time at the hotel or short walk to **Madinah Old Bazaar** for a gentle stroll and early shopping.

**Spiritual Focus:** Gratitude and settling into your journey.

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## Day 2 — Worship, Rawdah, & Riyāḍ al-Jannah

### Morning

- Fajr & sunrise prayers in Masjid an-Nabawi

- If you have a permit, visit **Rawdah** (inside the mosque).
- Long Qur'an recitation and silent du'ā.

### Afternoon

- Rest at hotel

### Evening

- Visit **Al-Baqi' Cemetery** (reflection & du'ā)
- Dinner nearby: try local mandi/kabsa.

**Spiritual Focus:** Prayer, reflection, connecting with the Prophet's mosque energy.

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## Day 3 — Museums & Learning

### Morning

- Walk to **Dar Al Madinah Museum** – deep dive into Madinah history & Islamic heritage.

### Late Morning

- Visit **The International Fair and Museum of the Prophet's Biography and Islamic Civilization** for an immersive historical experience.

### Afternoon

- Return to hotel for rest

### Evening

- Light walk and sunset **du`ā** at **Quba Walkway Park**  
(great for reflective barefoot walking *if weather allows*)
- Shopping nearby: **Quba City Souq** for local goods and dates.

**Spiritual + Cultural Balance:** Knowledge enriches the heart.

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## Day 4 — Masjid Quba + Park Walks

### Early Morning

- Visit **Masjid Quba** — pray sunnah & reflect on its significance. [Wikipedia](#)

### Late Morning

- Stroll at **Quba Walkway Park** (barefoot if safe).

### Afternoon

- Lunch and rest

### Evening

- Visit **Reef Al Bustan Garden** or **Al Khalidiyyah Park** for a tranquil green space.
- Dinner around local cafés.

**Spiritual Focus:** Follow the Sunnah and peaceful reflection.

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## Day 5 — Uhud, Reflection & Large Park

### Early

- Head to **Mount Uhud** for reflection and sending salām to the martyrs.

- Nearby is **Jabal Ohud Garden** — another spot for walking and meditation.

### Afternoon

- Lunch, rest

### Evening

- Visit **King Fahad Central Park** or **Prince Mohammed bin Abdul Aziz Park** — great for an evening stroll, dhikr, or barefoot walk (weather permitting).

**Spiritual Focus:** Contemplation on sacrifice and history.

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## Day 6 — Shopping & Arabian Flavours

### Morning

- Free time for Tawāf of prayers in Masjid an-Nabawi
- Explore markets and malls:
  - **Alqarrat Mall**

- **Al Rashid Mega Mall**
- **Al-Madinah International Mall**
- **Bin Dawood** for groceries/gifts

### Afternoon

- Shop for dates, coffee, perfumes, prayer mats, and souvenirs.

### Evening

- Try local food: Arabic coffee (gahwa), sweets, mandi, kabsa.

**Cultural Focus:** Arabian flavors and local shopping experiences.

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## Day 7 — Final Worship & Reflection

### Morning

- Fajr & quiet reflection in Masjid an-Nabawi

### Late Morning

- Walk to your favourite park one last time; **Albaidha Public Park** or **Madinah National Park** if you want a lush, open-air finale (weather permitting).

### Afternoon

- Rest, pack

### Evening

- Farewell **du‘ā** in the mosque and dinner nearby
- Pick up any last-minute gifts from **Madinah Old Bazaar**

**Spiritual Focus:** Gratitude, renewal, and intention for return to daily life.

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### General Tips for January

- **Weather:** January in Madinah is cool to mild — excellent for morning/evening walks and even barefoot walking if ground is comfortable (no scorching heat)

- **Prayer Times:** Always align your activity slots with prayer times — especially Fajr and Maghrib.
  - **Crowds:** Masjid al-Nabawi is busiest around Maghrib and Isha — go slightly earlier for calm.
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### Local Food & Markets Highlights

- Explore **Quba street shops** for affordable souvenirs and dates (many shops with small trinkets at great prices). [Reddit](#)
- Traditional **Arabic foods:** mandi, kabsa, harees, gahwa with dates — friendly eateries around your hotel and near the mosque.
- For Arabian fragrances and oud: several small perfumeries around the mosque area (*ask locals which are best*).

-  **My Du‘ā’ in Madinah**
- **Bismillāh ir-Raḥmān ir-Raḥīm**
- O Allah,  
You are the One who invited me here.

Not by my worth, but by Your mercy.  
So all praise belongs to You.

- O Allah,  
As I stand in the city of Your beloved Prophet ﷺ,  
soften my heart as You softened the hearts of those  
who walked here before me.  
Remove hardness, distraction, and pride from within  
me.
- O Allah,  
Accept my Umrah completely —  
what I understood of it and what I did not,  
what I did with presence and what I did with  
weakness.  
Cover my shortcomings with Your generosity.
- O Allah,  
Fill my heart with love for Your Messenger ﷺ —  
a love that shows in my character,  
in my patience,  
in how I treat others when no one is watching.
- O Allah,  
Let this not be just a visit of the body,  
but a return of the soul.
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-  **For My Heart**
- O Allah,  
Heal what I do not speak about.  
Ease what I carry quietly.

Replace my worries with trust,  
my fear with certainty,  
and my sadness with light.

- If there is a door I keep knocking on that is not good  
for me,  
close it gently.  
And if there is a door I am afraid to open but is good  
for me,  
open it with ease.
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-  **For My Life After Madinah**
- O Allah,  
Do not let me return the same as I came.  
Let one habit change.  
Let one sin fall away.  
Let one act of worship become consistent.
- Help me remember You when life becomes loud  
again.  
Help me choose You when it becomes difficult.  
Help me return to You when I slip.
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-  **For Others**
- O Allah,  
Forgive my parents and raise them in rank.  
Grant peace, guidance, and healing to my family.  
Help my friends and loved ones in ways only You  
know they need.

- O Allah,  
Relieve those who are oppressed.  
Comfort those who are grieving.  
Guide those who are searching.  
Have mercy on those who have passed.

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-  **A Personal Du‘ā’ (Pause Here)**
  - *(This is where you speak in your own words — slowly, honestly, without rushing.)*

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-  **Farewell Intention**

- O Allah,  
If this is my farewell to Madinah for now,  
do not let it be my farewell forever.
- Write me among those who return —  
with better hearts, better character, and stronger  
faith.
- Accept from me.  
Be pleased with me.  
And gather me with Your Prophet ﷺ in the highest  
place of Jannah.
- **Āmīn.**