

The Saheeh International Quran Translation

وَأَقْصِدْ فِي مَشْيِكَ وَاعْضُضْ مِنْ صَوْتِكَ^ج إِنَّ أَنْكَرَ الْأَصْوَاتِ لَصَوْتُ الْحَمِيرِ

And be moderate in your pace and lower your voice; indeed, the most disagreeable of sounds is the voice of donkeys."