DIVERGENCE, THICK GROUPS, AND SHORT CONJUGATORS

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Abstract. In this paper we explore relationships between divergence and thick groups, and with the same techniques we estimate lengths of shortest conjugators. We produce examples, for every positive integer $n$, of CAT(0) groups which are thick of order $n$ and with polynomial divergence of order $n + 1$, both these phenomena are new. With respect to thickness, these examples show the non-triviality at each level of the thickness hierarchy defined by Behrstock–Drutu–Mosher in [BDM09]. With respect to divergence our examples resolve questions of Gromov [Gro93] and Gersten [Ger94a, Ger94b] (the divergence questions were also recently and independently answered by Macura [Mac]). We also provide general tools for obtaining both lower and upper bounds on the divergence of geodesics and spaces, and we give the definitive lower bound for Morse geodesics in the CAT(0) spaces, generalizing earlier results of Kapovich–Leeb [KL98] and Bestvina–Fujiwara [BF]. In the final section, we turn to the question of bounding the length of the shortest conjugators in several interesting classes of groups. We obtain linear and quadratic bounds on such lengths for classes of groups including 3–manifold groups and mapping class groups (the latter gives new proofs of corresponding results of Masur–Minsky in the pseudo-Anosov case [MM00] and Tao in the reducible case [Tao11]).

1. Introduction

A main purpose of this paper is to provide a connection between two invariants: the divergence and the order of thickness. The **divergence** arose in the study of non-positively curved manifolds and metric spaces and roughly speaking it measures the spread of geodesics. More precisely, given two geodesic rays $r, r'$ with $r(0) = r'(0)$ their divergence is defined as a map $\text{div}_{r,r'} : \mathbb{R}_+ \to \mathbb{R}_+$, where $\text{div}_{r,r'}(t)$ is the infimum of the lengths of paths joining $r(t)$ to $r'(t)$ outside the open ball centered at $r(0)$ and of radius $\lambda t$. Here $\lambda$ is a fixed parameter in $(0, 1)$ whose choice turns out to be irrelevant for the order of the divergence.

The **order** of divergence and of other functions, or an **upper bound** for such an order, are meant in the sense of the usual relations of order and equivalence. Given a constant $C \geq 1$ and two functions $\mathbb{R}_+ \to \mathbb{R}_+$, $f$ and $g$, we write $f \lesssim_C g$ if $f(x) \leq Cg(Cx + C) + Cx + C$ for all $x \in \mathbb{R}_+$. This yields an equivalence relation on the set of functions $\mathbb{R}_+ \to \mathbb{R}_+$ by setting $f \simeq_C g$ if and only if $f \lesssim_C g$ and $g \lesssim_C f$. When there is no risk of confusion we do not mention the constant $C$ and remove the corresponding subscript.
In symmetric spaces of non-compact type the order of the divergence of geodesic rays is either exponential (when the rank is one) or linear (when the rank is at least two). This inspired an initial thought that in the presence of non-positive curvature the divergence must be either linear or exponential. See [Gro93] for a discussion — an explicit statement of this conjecture appears in 6.B2, subsection “Geometry of $\partial_T$ and Morse landscape at infinity,” Example (h). In particular, Gromov stated an expectation that all pairs of geodesic rays in the universal cover of a closed Riemannian manifold of non-positive curvature diverge either linearly or exponentially [Gro93].

As an aside, we note that without the hypothesis of non-positive curvature the situation is more complicated. For instance, in nilpotent groups with left invariant metrics, while the maximal rate of divergence of geodesics is linear [DMS10], there exist geodesic rays that diverge sublinearly [Pau01, Lemma 7.1].

Gersten provided the first examples of $CAT(0)$ spaces whose divergence did not satisfy the linear/exponential dichotomy and showed that such examples are closely tied to other areas in mathematics. The first such example was a $CAT(0)$ space admitting a cocompact action of the group $F_2 \rtimes \mathbb{Z}$ with $\varphi(a) = ab$, $\varphi(b) = b$ [Ger94b]; the space constructed by Gersten contains rays with quadratic divergence and he proves that no two rays in this space diverge faster than quadratically. Extending that work, Gersten then used divergence to distinguish classes of closed 3-manifolds [Ger94a]. Modulo the geometrization conjecture, he proved that the divergence of a 3-manifold is either linear, quadratic, or exponential; where quadratic divergence occurs precisely for graph manifolds and exponential divergence occurs precisely when at least one geometric component is hyperbolic. Gersten asked explicitly in [Ger94a] which orders of polynomial divergence were possible in a $CAT(0)$ group.

In a different direction, the authors of the present paper together with L. Mosher [BDM09] introduced a geometric property called thickness which was proved to hold for many interesting spaces. The definition is an inductive one and, roughly speaking, characterizes a space as thick of order $n$ if it is a network of subsets which are each thick of order $n-1$, i.e., any two points in the space can be connected by a chain of subsets thick of order $n-1$ with each intersecting the next in an infinite diameter set. The base level of the induction, i.e., spaces defined to be thick of order 0, are metric spaces with linear divergence. The precise definition of thick is given in Section 4.

The very structure of a network turns out to be well adapted to estimates on divergence. Indeed let $X$ be a geodesic metric space which is a $(\tau, \eta)$–tight network with respect to a collection of subsets $\mathcal{L}$, in the sense of Definition 4.1. Let $\delta$ be a number in $(0, 1)$ and let $\gamma \geq 0$. For every subset $L \in \mathcal{L}$ let $\text{Div}_L^X(n; \delta)$ be the divergence function for the tubular neighborhood of $L$ of radius $\tau$, with the induced metric (see Definition 6.1 for the notion of divergence function of a metric space); define the network divergence of $X$ as

$$\text{Div}^X(n; \delta) = \sup_{L \in \mathcal{L}} \text{Div}_L^X(n; \delta).$$

The following holds.

**Theorem 4.9** The divergence function in $X$ satisfies

$$\text{Div}^X(n; \delta) \preceq_C n \text{Div}_\mathcal{L}^X(n; \delta),$$

where the constant $C$ only depends on the constants $\tau, \eta, \delta$ and $\gamma$. 

Groups and spaces which are thick of order 0 or 1 both yield very rich classes of examples, see e.g., [BDM09], [BC], [BM08], [DS05]. In the present paper we give the first constructions of groups which are thick of order greater than 1; indeed, for every positive integer \( n \) we produce infinitely many quasi-isometry classes of groups which are thick of order \( n \), as explained in the following theorem. Moreover, using a close connection between order of thickness and order of divergence we establish that the very same classes of examples have polynomial divergence of degree \( n + 1 \). We note that the case \( n = 0 \) of this theorem is trivial and the case \( n = 1 \) follows from the above mentioned results in [Ger94a] combined with results from [BDM09] and [BN08]. The following is established in Section 5.

**Theorem 1.1.** For every positive integer \( n \) there exists an infinite family of pairwise non-quasi-isometric finitely generated groups which are each:

1. CAT(0) groups;
2. thick of order \( n \);
3. with divergence of order \( n + 1 \).

Natasa Macura has recently given an independent construction of examples of CAT(0) groups with divergence of order \( n \) for all positive integers [Mac]. Our examples and Macura’s both give complete answers to the questions of Gromov [Gro93] and Gersten [Ger94a, Ger94b] discussed above.

The upper bound on divergence in Theorem 1.1 will follow from Theorem 4.9. The lower bound both for divergence and for the order of thickness is proved by exhibiting a bi-infinite geodesic with divergence precisely \( x^{n+1} \).

It would be interesting to know if either in general, or under some reasonable hypotheses, the order of thickness and the divergence are directly correlated, i.e., can the order of thickness be shown to provide a lower bound in addition to the upper bound which in this paper we show holds in general. A homogeneous version of this question is:

**Question 1.2.** If a group is thick of order \( n \) must its divergence be polynomial of degree exactly \( n + 1 \)?

More specific questions on the possible orders of divergence include:

**Question 1.3.** Are there examples of CAT(0)-groups whose divergence is strictly between \( x^n \) and \( x^{n+1} \) for some \( n \)?

**Question 1.4.** What are the \( \simeq \)-equivalence classes of divergence functions of CAT(0)-groups?

Our inductive construction in Theorem 1.1 can be made to yield infinitely many quasi-isometry classes because the quasi-isometry type of the base is an invariant of the space, and this base is a CAT(0) 3-dimensional graph manifold. According to the main result of [BN08] we have infinitely many quasi-isometry classes of 3-dimensional graph manifolds to choose from.

Another geometric feature relevant for divergence is the presence of Morse quasi-geodesics. These are quasi-geodesics which represent in some sense “hyperbolic directions,” namely, they satisfy the Morse Lemma: any \((K, C)\)-quasi-geodesic \( \gamma \) with endpoints on the given quasi-geodesic \( q \) is contained in a uniformly bounded tubular neighborhood of \( q \).

Morse quasi-geodesics and their relationship to divergence are studied in Section 6. One topic discussed there is the following natural refinement of Question 1.3.
Question 1.5. If $X$ is a CAT(0) space, can the divergence of a Morse geodesic be greater than $x^n$ and less than $x^{n+1}$?

The following theorem provides a negative answer for the case $n = 1$; its statement is the most general version of previous known results which required extra assumptions such as periodicity of the geodesic or properness of the space $X$, see [KL98] or Proposition 3.10 and also [BF].

**Theorem 6.4** Let $q$ be a Morse quasi-geodesic in a CAT(0) metric space $(X, \text{dist})$. Then the divergence of $X$ is $\geq x^2$.

Further results and questions on the relation between Morse geodesics and divergence may be found in Section 6.

In Section 7, we study the question of finding shortest conjugators for Morse elements, in CAT(0) groups and in groups with “(non-positive curvature)-like behavior”. We generalize results from the CAT(0) setting to Morse geodesics in other groups. In that section we prove the following, which we then apply to graph manifolds in Corollary 7.4. Recall that an action of a group $G$ on a graph $X$ is called $l$-acylindrical for some $l > 0$ (or simply acylindrical) if the stabilizers in $G$ of pairs of points in $X$ at distance $\geq l$ are finite of uniformly bounded sizes. Recall also that in a finitely generated group $G$, for a finite generating set $S$ which we often do not explicitly mention, we denote by $|g|_S$ or simply by $|g|$ the distance from 1 to $g \in G$ in the word metric corresponding to $S$.

**Theorem 7.2** Let $G$ be a group acting cocompactly and $l$-acylindrically on a simplicial tree $T$. For every $R > 0$ and for a fixed word metric on $G$ let $f(R)$ denote the supremum of all diameters of intersections $\text{stab}(a) \cap N_R(\text{stab}(b))$, where $a$ and $b$ are vertices in $T$ at distance at least $l$, and $g \in G$ is at distance $\leq R$ from 1.

There exists a constant $K$ such that if two loxodromic elements $u, v$ are conjugate in $G$ then there exists $g$ conjugating $u, v$ such that

$$|g| \leq f(|u| + |v| + K) + |u| + |v| + 2K.$$ 

Note that in this theorem we cannot simply replace “loxodromic” by “Morse,” since there might exist Morse elements of $G$ in the stabilizer of a vertex, e.g., this is the case if $G$ is free and $T$ is the quotient by a free factor.

Two natural questions related to the above result can be asked.

**Question 1.6.** Can Theorem 7.2 be extended to actions that are not cocompact?

**Question 1.7.** What are the possible values of the function $f(R)$ in Theorem 7.2?

As a consequence of Theorem 7.2 we obtain the following.

**Corollary 1.8.** Let $M$ be a 3-dimensional prime manifold, and let $G$ be its fundamental group. For every word metric on $G$ there exists a constant $K$ such that the following holds:

1. If $u, v$ are two Morse elements conjugate in $G$ then there exists $g$ conjugating $u, v$ such that

$$|g| \leq K(|u| + |v|).$$

2. If $u, v$ are two arbitrary elements conjugate in $G$ then there exists $g$ conjugating $u, v$ such that

$$|g| \leq K(|u| + |v|)^2.$$
We also give a new unified proof of the following theorem, first proved in the pseudo-Anosov case by Masur–Minsky [MM00, Theorem 7.2] and later extended to the reducible case by Tao [Tao11, Theorem B].

**Theorem 7.7**

Given a surface $S$ and a finite generating set $F$ of its mapping class group $\text{MCG}(S)$ there exists a constant $C$ depending only on $S$ and on $F$ such that for every two conjugate elements of infinite order $u$ and $v$ in $\text{MCG}(S)$ there exists $g \in \text{MCG}(S)$ satisfying $v = gug^{-1}$ and

$$|g| \leq C(|u| + |v|).$$

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2. **General preliminaries**

We recall some standard definitions and establish our notation.

We use the notation $N_R(A)$ for the (open) $R$-neighborhood of a subset $A$ in a metric space $(X, \text{dist})$, i.e. $N_R(A) = \{x \in X : \text{dist}(x, A) < R\}$. If $A = \{a\}$ then $N_R(A) = B(a, R)$ is the open $R$-ball centered at $a$.

We use the notation $\overline{N}_R(A)$ and $\overline{B}(a, R)$ to designate the corresponding closed neighborhoods and closed balls defined by non-strict inequalities.

We make the convention that $B(a, R)$ and $\overline{B}(a, R)$ are the empty set for $R < 0$ and any $a \in X$. The terms “neighborhood” and “ball” will always mean an open neighborhood, respectively, ball.

**Notation 2.1.** Let $a > 1$, $b, x, y$ be positive real numbers. We write $x \leq_{a,b} y$ if

$$x \leq ay + b.$$  

We write $x \approx_{a,b} y$ if $x \leq_{a,b} y$ and $y \leq_{a,b} x$.

Consider two constants $L \geq 1$ and $C \geq 0$.

An $(L, C)$-coarse Lipschitz map is a map $f : X \to Y$ of a metric space $X$ to a metric space $Y$ such that

$$\text{dist}(f(x), f(x')) \leq_{L,C} \text{dist}(x, x'), \text{ for all } x, x' \in X.$$  

An $(L, C)$-quasi-isometric embedding is a map $f : X \to Y$ that satisfies

$$\text{dist}(f(x), f(x')) \approx_{L,C} \text{dist}(x, x'), \text{ for all } x, x' \in X.$$  

If moreover $Y \subseteq N_C(f(X))$ the map $f$ is called a quasi-isometry.

An $(L, C)$-quasi-geodesic is an $(L, C)$-quasi-isometric embedding $p : I \to X$, where $I$ is a connected subset of the real line. A sub-quasi-geodesic of $p$ is a restriction $p|_J$, where $J$ is a connected subset of $I$.

When $I = [a, \infty)$ we call both $p$ and its image $p(I)$ an $(L, C)$-quasi-geodesic ray. When $I = \mathbb{R}$ we call both $p$ and its image bi-infinite $(L, C)$-quasi-geodesic.

We call $(L, 0)$-quasi-isometries (quasi-geodesics) $L$-bilipschitz maps (paths).

When the constants $L, C$ are irrelevant they are often not mentioned.
When considering divergence, it is often useful to consider a particular type of metric space: the tree-graded space, as these spaces, especially in their appearance as ultralimits, are particularly relevant. Recall the following definition from [DS05]:

A complete geodesic metric space $F$ is tree-graded with respect to a collection $\mathcal{P}$ of closed geodesic subsets (called pieces) when the following two properties are satisfied:

- $(T_1)$ Every two different pieces have at most one common point.
- $(T_2)$ Every simple geodesic triangle in $F$ is contained in one piece.

**Lemma 2.2** (Drutu–Sapir [DS05]). Let $F$ be a space which is tree-graded with respect to a collection of pieces $\mathcal{P}$.

1. For every point $x \in F$, the set $T_x$ of topological arcs originating at $x$ and intersecting any piece in at most one point is a complete real tree (possibly reduced to a point). Moreover if $y \in T_x$ then $T_y = T_x$.
2. Any topological arc joining two points in a piece is contained in the same piece. Any topological arc joining two points in a tree $T_x$ is contained in the same tree $T_x$.

**Lemma 2.3** (Drutu–Sapir [DS05], Lemma 2.31). Let $X$ be a complete geodesic metric space containing at least two points and let $C$ be a non-empty set of cut-points in $X$. There exists a uniquely defined (maximal in an appropriate sense) collection $\mathcal{P}$ of subsets of $X$ such that

- $X$ is tree-graded with respect to $\mathcal{P}$;
- any piece in $\mathcal{P}$ is either a singleton or a set with no cut-point in $C$.

Moreover the intersection of any two distinct pieces from $\mathcal{P}$ is either empty or a point from $C$.

3. **Divergence.**

Throughout this section $(X, \text{dist})$, or just $X$, will denote a geodesic metric space.

3.1. **Equivalent definitions for divergence.** We recall the various definitions of the divergence and the fact that under some mild conditions all these functions are equivalent. The main reference for the first part of this section is [DMS10] §3.1.

Consider two constants $0 < \delta < 1$ and $\gamma \geq 0$.

For an arbitrary triple of points $a, b, c \in X$ with $\text{dist}(c, \{a, b\}) = r > 0$, define $\text{div}_\gamma(a, b, c; \delta)$ as the infimum of the lengths of paths connecting $a, b$ and avoiding the ball $B(c, \delta r - \gamma)$.

If no such path exists, define $\text{div}_\gamma(a, b, c; \delta) = \infty$.

**Definition 3.1.** The divergence function $\text{Div}^X_\gamma(n, \delta)$ of the space $X$ is defined as the supremum of all numbers $\text{div}_\gamma(a, b, c; \delta)$ with $\text{dist}(a, b) \leq n$. When there is no danger of confusion we drop the superscript $X$.

A particular type of divergence will be useful to obtain lower bounds for the function $\text{Div}$ defined as above. More precisely, let $q$ be a bi-infinite quasi-geodesic in the space $X$, seen as a map $q: \mathbb{R} \to X$ satisfying the required two inequalities. We define the divergence of this quasi-geodesic as the function

$$\text{Div}_\gamma(q): (0, +\infty) \to (0, +\infty), \quad \text{Div}_\gamma(q)(r) = \text{div}_\gamma(q(r), q(-r), q(0); \delta).$$

Clearly for every bi-infinite quasi-geodesic $q$ in a space $X$, $\text{Div}_\gamma(q) \leq \text{Div}^X_\gamma$. 

In what follows we call a metric space $X$ proper if all its closed balls are compact. We call it periodic if for fixed constants $L \geq 1$ and $C \geq 0$ the orbit of some ball under the group of $(L, C)$-quasi-isometries covers $X$.

A metric space is said to satisfy the hypothesis $(\text{Hyp}_{\kappa,L})$ for some $\kappa \geq 0$ and $L \geq 1$ if it is one-ended, proper, periodic, and every point is at distance less than $\kappa$ from a bi-infinite $L$–biLipschitz path.

**Example 3.2.** A Cayley graph of a finitely generated one-ended group satisfies the hypothesis $(\text{Hyp}_{\frac{1}{2},1})$.

**Lemma 3.3** (Lemma 3.4 in [DMS10]). Assume that $X$ satisfies $(\text{Hyp}_{\kappa,L})$ for some $\kappa \geq 0$ and $L \geq 1$. Then for $\delta_0 = \frac{2}{1+L^2}$ and every $\gamma \geq 4\kappa$ the function $\text{Div}_{\gamma}(n, \delta_0)$ takes only finite values.

A new divergence function, more restrictive as to the set of triples considered, is the following.

**Definition 3.4.** Let $\lambda \geq 2$. The small divergence function $\text{div}_{\gamma}(n; \lambda, \delta)$ is the supremum of all numbers $\text{div}_{\gamma}(a,b,c;\delta)$ with $0 \leq \text{dist}(a,b) \leq n$ and

(i) $\lambda \text{dist}(c, \{a,b\}) \geq \text{dist}(a,b)$.

We define two more versions of divergence functions, with a further restriction on the choice of $c$. For every pair of points $a, b \in X$, we choose and fix a geodesic $[a,b]$ joining them such that if $x,y$ are points on a geodesic $[a,b]$ chosen to join $a,b$ the subgeodesic $[x,y] \subseteq [a,b]$ is chosen for $x,y$.

We say that a point $c$ is between $a$ and $b$ if $c$ is on the fixed geodesic segment $[a,b]$.

We define $\text{Div}'_{\gamma}(n;\delta)$ and $\text{div}'_{\gamma}(n;\lambda,\delta)$ as $\text{Div}_{\gamma}$ and $\text{div}_{\gamma}$ before, but restricting $c$ to the set of points between $a$ and $b$. Clearly $\text{Div}'_{\gamma}(n;\delta) \leq \text{Div}_{\gamma}(n;\delta)$ and $\text{div}'_{\gamma}(n;\lambda,\delta) \leq \text{div}_{\gamma}(n;\lambda,\delta)$ for every $\lambda, \delta$.

All these versions of divergence are now shown to be equivalent under appropriate conditions.

**Proposition 3.5** (Corollary 3.12 in [DMS10]). Let $X$ be a space satisfying the hypothesis $(\text{Hyp}_{\kappa,L})$ for some constants $\kappa \geq 0$ and $L \geq 1$, and let $\delta_0 = \frac{2}{1+L^2}$ and $\gamma_0 = 4\kappa$.

(i) Up to the equivalence relation $\asymp$, the functions $\text{div}'_{\gamma}(n;\lambda,\delta)$ and $\text{Div}'_{\gamma}(n;\delta)$ with $\delta \leq \delta_0$ and $\gamma \geq \gamma_0$ are independent of the choice of geodesics $[a,b]$ for every pair of points $a, b$.

(ii) For every $\delta \leq \delta_0$, $\gamma \geq \gamma_0$, and $\lambda \geq 2$

$$\text{Div}_{\gamma}(n;\delta) \asymp \text{Div}'_{\gamma}(n;\delta) \asymp \text{div}_{\gamma}(n;\lambda,\delta) \asymp \text{div}'_{\gamma}(n;\lambda,\delta).$$

Moreover all the functions in this equation are independent of $\delta \leq \delta_0$ and $\gamma \geq \gamma_0$ (up to the equivalence relation $\asymp$).

(iii) The function $\text{Div}_{\gamma}(n;\delta)$ is equivalent to $\text{div}'_{\gamma}(n;2,\delta)$ as a function in $n$. Thus in order to estimate $\text{Div}_{\gamma}(n;\delta)$ for $\delta \leq \delta_0$ it is enough to consider points $a, b, c$ where $c$ is the midpoint of a (fixed) geodesic segment connecting $a$ and $b$. 

Proposition 3.5 implies that the $\simeq$-equivalence class of the divergence function(s) is a quasi-isometry invariant in the class of metric spaces satisfying the hypothesis $(\text{Hyp}_{\kappa,L})$ for some constants $\kappa \geq 0$ and $L \geq 1$.

The equivalent notions of divergence introduced previously are closely related to the divergence as defined by S. Gersten in [Ger94b] and [Ger94a]. We refer to [DMS10] for a detailed discussion.

There exists a close connection between the linearity of divergence and the existence of global cut-points in asymptotic cones; see [Beh06] for an early example and [DMS10] for a general theory.

**Definition 3.6.** A metric space $B$ is **unconstricted** if the following properties hold:

1. for some constants $c, \lambda, \kappa$, every point in $B$ is at distance at most $c$ from a bi-infinite $(\lambda, \kappa)$-quasi-geodesic in $B$;
2. there exists an ultrafilter $\omega$ and a sequence $d$ such that for every sequence of observation points $b$, $\text{Cone}_\omega(B, b, d)$ does not have cut-points.

If (2) is replaced by the condition that every asymptotic cone is without cut-points then the space $B$ is called **wide**.

**Proposition 3.7** (Proposition 1.1 in [DMS10]). Let $X$ be a geodesic metric space.

(i) If there exists $\delta \in (0,1)$ and $\gamma \geq 0$ such that the function $\text{Div}_{\gamma}(n; \delta)$ is bounded by a linear function then every asymptotic cone of $X$ is without cut-points.

(ii) If $X$ is wide then for every $0 < \delta < \frac{1}{\sqrt{4}}$ and every $\gamma \geq 0$, the function $\text{Div}_{\gamma}(n; \delta)$ is bounded by a linear function.

(iii) Let $g: \mathbb{R} \to X$ be a periodic geodesic. If $g$ has superlinear divergence then in any asymptotic cone, $\text{Cone}_\omega(X)$, for which the limit of $g$ is nonempty there exists a collection of proper subsets of $\text{Cone}_\omega(X)$ with respect to which it is tree-graded and the limit of $g$ is a transversal geodesic.

**Remark 3.8.**

1. In [DMS10, Proposition 1.1], “wide” means a geodesic metric space satisfying condition (2) only. For this reason in statement (ii) of Proposition 1.1 in [DMS10] it is assumed that $X$ is periodic. However that condition is only used to ensure that condition (1) in our definition of wideness is satisfied.

2. In Proposition 3.7 (ii), the hypothesis that $X$ is wide cannot be replaced by the hypothesis that $X$ is unconstricted. Indeed in [OOS05] can be found examples of unconstricted groups with super-linear divergence.

### 3.2. Morse quasi-geodesics and divergence.

Examples of groups with linear divergence include groups satisfying a law, groups with a central element of infinite order, uniform lattices in higher rank products of symmetric spaces and Euclidean buildings and some non-uniform lattices [DMS10]. Conjecturally, all non-uniform lattices in higher rank have linear divergence.

As shown by Proposition 3.7 super-linear divergence is equivalent to the existence of cut-points in at least one asymptotic cone. Nothing more consistent can be said on divergence in this very general setting. On the other hand, a stronger property than existence of cut-points allows in many situations to find better estimates on divergence. This property is the existence of Morse quasi-geodesics. A bi-infinite quasi-geodesic $q$ in $X$ is called **Morse** if every $(L,C)$-quasi-geodesic with
endpoints on \( q \) is at bounded distance from \( q \) (the bound depends only on \( L, C \)).

In a finitely generated group \( G \) an element is called \textit{Morse} if it has infinite order and the cyclic subgroup generated by it is a Morse quasi-geodesic.

Several important classes of groups contain Morse elements. Behrstock proved in [Beh06] that every pseudo-Anosov element in a mapping class group is Morse. Yael Algom-Kfir proved the same thing for fully irreducible elements of the outer automorphism group \( \text{Out}(F_n) \) in [AK]. In a relatively hyperbolic group every non-parabolic element is Morse ([DS05], [Osi06]).

In [DMS10] it is proved that in a finitely generated group acting acylindrically on a simplicial tree or on a uniformly locally finite hyperbolic graph, any loxodromic element is Morse. An action on a graph is called \textit{l-acylindrical} for some \( l > 0 \) if stabilizers of pairs of points at distance \( \geq l \) are finite of uniformly bounded sizes. At times the constant \( l \) need not be mentioned. Note that a group acting by isometries on a simplicial tree with unbounded orbits always contains loxodromic elements [Bow08].

Existence of Morse quasi-geodesics implies existence of cut-points in all asymptotic cones. The converse is only known to be true for universal covers of non-positively curved compact non-flat de Rham irreducible manifolds due to the following two results combined with Proposition 3.7 (iii).

**Theorem 3.9** ([Bal85], [Bal95], [BS87]). Let \( M \) be a non-positively curved de Rham irreducible manifold with a group of isometries acting co-compactly. Then either \( M \) is a higher rank symmetric space or \( M \) contains a periodic geodesic which does not bound a half-plane.

**Proposition 3.10.** ([KL98, Proposition 3.3]) Let \( X \) be a locally compact, complete, simply connected geodesic metric space which is locally \( \text{CAT}(0) \). A periodic geodesic \( g \) in \( X \) which does not bound a flat half-plane satisfies

\[
\text{Div}^g(r) \geq r^2.
\]

The lower estimate on divergence that enters as a main ingredient in this converse is as important as the converse itself. In Section 6 we prove that the estimate in Proposition 3.10 holds in a considerably more general \( \text{CAT}(0) \) setting, as well as for many of the examples of groups with Morse elements quoted above.

4. Divergence and networks of spaces

4.1. **Tight Networks.** We strengthen the definitions of networks of subspaces and subgroups from [BDM09], with a view towards divergence estimate problems.

A subset \( A \) in a metric space is called \textit{C–path connected} if any two points in \( A \) can be connected by a path in \( \mathcal{N}_C(A) \). We say that \( A \) is \((C, L)\)–quasi-convex if any two points in \( A \) can be connected in \( \mathcal{N}_C(A) \) by a \((L, L)\)–quasi-geodesic. When \( C = L \) we simply say that \( A \) is \( C \)-quasi-convex.

**Definition 4.1.** (tight network of subspaces).

Given \( \tau \) and \( \eta \) two non-negative real numbers we say that a metric space \( X \) is a \((\tau, \eta)\)–tight network with respect to a collection \( \mathcal{L} \) of subsets or that \( \mathcal{L} \) forms a \((\tau, \eta)\)–tight network inside \( X \) if every subset \( L \) in \( \mathcal{L} \) with the induced metric is \((\tau, \eta)\)–quasi-convex, \( X \) is covered by \( \tau \)–neighborhoods of the sets \( L \in \mathcal{L} \), and the following condition is satisfied: for any two elements \( L, L' \in \mathcal{L} \) and any point \( x \)
such that $B(x, 3\tau)$ intersects both $L$ and $L'$, there exists a sequence of length $n \leq \eta$

$L_1 = L, L_2, \ldots, L_{n-1}, L_n = L'$, with $L_i \in \mathcal{L}$

such that for all $1 \leq i < n$, $\mathcal{N}_\tau(L_i) \cap \mathcal{N}_\tau(L_{i+1})$ is of infinite diameter, $\eta$–path connected and it intersects $B(x, \eta)$. We write $(\mathcal{N})$ to refer to the above condition about arbitrary pairs of elements in $\mathcal{L}$.

When $G$ is a finitely generated group and $\mathcal{L} = \mathcal{H}$ a collection of undistorted subgroups the following strengthening of the above definition is sometimes easier to verify.

**Definition 4.2 (tight algebraic network of subgroups).** We say a finitely generated group $G$ is an $M$–tight algebraic network with respect to $\mathcal{H}$ or that $\mathcal{H}$ forms an $M$–tight algebraic network inside $G$, if $\mathcal{H}$ is a collection of $M$–quasi-convex subgroups whose union generates a finite-index subgroup of $G$ and for any two subgroups $H, H' \in \mathcal{H}$ there exists a finite sequence $H = H_1, \ldots, H_n = H'$ of subgroups in $\mathcal{H}$ such that for all $1 \leq i < n$, the intersection $H_i \cap H_{i+1}$ is infinite and $M$–path connected. We write $(\mathcal{AN})$ to refer to the above condition about arbitrary pairs $H, H' \in \mathcal{H}$.

A modification of the proof of [BDM09, Proposition 5.3] yields the following.

**Proposition 4.3.** Let $\mathcal{H}$ be a collection of subgroups that forms a tight algebraic network inside a finitely generated group $G$ and let $G_1$ be the finite-index subgroup of $G$ generated by the subgroups in $\mathcal{H}$. Then $G$ is a tight network with respect to the collection of left cosets

$$\mathcal{L} = \{ gH \mid g \in G_1, H \in \mathcal{H} \}.$$

**Proof.** Since cosets cover the subgroup $G_1$ and $G \subset \mathcal{N}_\tau(G_1)$ for some $\tau > 0$, it remains to prove $(\mathcal{N})$. By left translation we may assume that $x = 1$; also, it clearly suffices to prove condition $(\mathcal{N})$ for $L = H$, and $L' = gH'$, where $H, H' \in \mathcal{H}$ and $g \in G_1 \cap B(1, 3\tau)$.

The argument in Proposition 5.3 in [BDM09] implies that for every such pair there exists a sequence $L_1 = H, L_2, \ldots, L_n = gH'$ in $\mathcal{L}$ composed of concatenations of left translations of sequences as in $(\mathcal{AN})$ and that all $L_i$ intersect $B(1, 3\tau)$. In particular every pair $L_i, L_{i+1}$ is a left translation of a pair of subgroups as in $(\mathcal{AN})$ of the form $g^iH_1, g^iH_2$ with $H_1 \cap H_2$ infinite and $M$–path connected and $g^i \in G_1$ closer to $1$ than $g$.

By [MSW05, Lemma 2.2] the intersection $\mathcal{N}_\tau(L_i) \cap \mathcal{N}_\tau(L_{i+1})$ is at finite Hausdorff distance from $g(H_1 \cap H_2)$, hence it is of infinite diameter and $\eta$–path connected for $\eta$ large enough.

The following yields a large family of examples.

**Proposition 4.4.** Let $G$ be a fundamental group of a graph of groups where all the vertex groups are quasi-convex and the edge groups are infinite. Then $G$ is a tight network with respect to the family of all left cosets of vertex groups. Moreover, if the graph of groups is simply connected, then $G$ is a tight algebraic network with respect to the family of vertex groups.

**Proof.** Since left cosets of a subgroup cover and the vertex sets are quasi-convex by hypothesis, to show that $G$ is a tight network it remains to verify property $(\mathcal{N})$. Fix
two left cosets $L, L'$ of vertex subgroups of $G$ and a point $x$ in $\mathcal{N}_3(L) \cap \mathcal{N}_3(L')$. By left translation we may assume that $x = 1$. In the Bass-Serre tree, $L$ and $L'$ correspond to vertices at distance at most $n$ apart with $n \leq 16\sigma$ and letting $L = L_0, L_1, \ldots, L_n = L'$ be the sequence of left cosets corresponding to the vertices in the shortest path in the tree from $L$ to $L'$, it satisfies all the properties of $(\text{N})$. In particular all $L_i$ intersect $B(1, \eta)$ for $\eta$ large enough, because there are finitely many possibilities for $L, L'$ (left cosets of vertex groups intersecting $B(1, 3\sigma)$) and therefore for $L_i$.

If the graph of groups is simply connected, then the vertex groups generate $G$.

The remaining properties of tight algebraic network follow immediately. \hfill \Box

Tight networks define natural decompositions of geodesics, as described below.

Lemma 4.5. Let $X$ be a geodesic metric space and $\mathcal{L}$ a collection of subsets of $X$ such that $X = \bigcup_{L \in \mathcal{L}} \mathcal{N}_\tau(L)$. Every geodesic $[x, y]$ contains a finite sequence of consecutive points $x_0 = x, x_1, x_2, \ldots, x_n = y$ such that:

1. for every $i \in \{0, 1, \ldots, n - 1\}$ there exists $L_i \in \mathcal{L}$ such that $x_i, x_{i+1} \in \mathcal{N}_\tau(L_i)$;
2. for every $i \in \{0, 1, \ldots, n - 2\}$, dist$(x_i, x_{i+1}) \geq \tau$.

Proof. We inductively construct a sequence of consecutive points $x_0 = x, x_1, x_2, \ldots, x_n$ on $[x, y]$ such that for every $i \in \{0, 1, \ldots, n - 1\}$ there exists $L_i \in \mathcal{L}$ with the property that $x_i \in \mathcal{N}_\tau(L_i)$ and $x_{i+1}$ is the farthest point from $x$ on $[x, y]$ contained in $\mathcal{N}_{2\tau}(L_i)$. Assume that we found $x_0 = x, x_1, \ldots, x_k$. Since $x_k \in X = \bigcup_{L \in \mathcal{L}} \mathcal{N}_\tau(L)$ there exists $L_{k+1} \neq L_k$ such that $x_k \in \mathcal{N}_\tau(L_{k+1})$. Pick $x_{k+1}$ to be the farthest point from $x$ on $[x, y]$ contained in $\mathcal{N}_{2\tau}(L_{k+1})$. By our choice of $x_k$ it follows that this process will terminate with $n \leq \lceil \frac{\text{dist}(x, y)}{\tau} \rceil$. \hfill \Box

Lemma 4.6. Let $X$ be a geodesic metric space which is a $(\tau, \eta)$–tight network with respect to a collection of subsets $\mathcal{L}$, let $[x, y]$ be a geodesic in $X$ and let $L, L' \in \mathcal{L}$ be such that $x \in \mathcal{N}_\tau(L)$ and $y \in \mathcal{N}_\tau(L')$. There exists a finite sequence of consecutive points $x_0 = x, x_1, x_2, \ldots, x_n = y$ on $[x, y]$ and a finite sequence of subsets $L_j \in \mathcal{L}$, satisfying $L_0 = L, L_1, \ldots, L_q = L'$ with $q \leq \eta n$ such that:

1. for every $j \in \{0, 1, \ldots, n - 2\}$, dist$(x_j, x_{j+1}) \geq \tau$;
2. for every $j \in \{0, 1, \ldots, q - 1\}$ the intersection $\mathcal{N}_{\tau}(L_j) \cap \mathcal{N}_{\tau}(L_{j+1})$ is of infinite diameter and $\eta$–path connected;
3. there exist $j_0 = 0 < j_1 < \ldots < j_{n-1} < j_n = q$ such that if $j_{i-1} \leq j \leq j_i$ then $\mathcal{N}_{\tau}(L_j) \cap \mathcal{N}_{\tau}(L_{j+1})$ intersects $B(x_i, \eta)$.

Proof. For the geodesic $[x, y]$ consider a sequence $x_0 = x, x_1, x_2, \ldots, x_{n-1}, x_n = y$ as in Lemma 4.5 and the sequence $L_0, L_1, \ldots, L_{n-1}$ determined by the condition Lemma 4.5 (1), which can be taken with $L_0 = L$.

Property (N) applied to each of the pairs $L_i, L_{i+1}$ with $i \in \{0, 1, \ldots, n - 2\}$, and to $L_{n-1}, L'$ provides a sequence $L_0 = L, L_1, \ldots, L_q = L'$ with $q \leq \eta n$, such that for all $j \in \{0, 1, \ldots, q - 1\}$ the intersection $\mathcal{N}_{\tau}(L_j) \cap \mathcal{N}_{\tau}(L_{j+1})$ is of infinite diameter, $\eta$–path connected and it intersects $B(x_i, \eta)$ for some $0 \leq i \leq n$. \hfill \Box

The following shows that tight networks are a uniform version of the networks in [BDM09] Definition 5.1.
Corollary 4.7. Let \( X \) be a geodesic metric space which is a \((\tau, \eta)\)-tight network with respect to a collection of subsets \( \mathcal{L} \).

For every \( M \geq 0 \) there exists \( R = R(M) \) such that for every \( L, L' \in \mathcal{L} \) with \( N_M(L) \cap N_M(L') \neq \emptyset \) and any point \( a \in N_M(L) \cap N_M(L') \) there exists a sequence, \( L_1 = L, L_2, \ldots, L_{n-1}, L_n = L' \), with \( L_i \in \mathcal{L} \) and \( n \leq R \) such that for all \( 1 \leq i < n \), \( N_\tau(L_i) \cap N_\tau(L_{i+1}) \) is of infinite diameter, \( \eta \)-path connected, and intersects \( B(a, R) \).

Proof. Let \( L, L' \in \mathcal{L} \) be such that \( N_M(L) \cap N_M(L') \neq \emptyset \) and let \( a \) be a point in the intersection. Take \( x \in L \) and \( y \in L' \) such that \( \text{dist}(x, a) < M \) and \( \text{dist}(y, a) < M \). Lemma 4.6 applied to the geodesic \([x, y]\) yields a sequence of \( L_i \) for which \( N_\tau(L_i) \cap N_\tau(L_{i+1}) \cap N_\eta([x, y]) \neq \emptyset \) and hence \( N_\tau(L_i) \cap N_\tau(L_{i+1}) \cap B(a, \eta + 2M) \neq \emptyset \), yielding the desired conclusion with \( R(M) = \eta + 2M \). \( \square \)

4.2. Network divergence. We defined divergence functions in Definition 3.1; for a network of spaces, we now define an auxiliary function in order to bound the divergence of \( X \).

Definition 4.8. Let \( X \) be a \((\tau, \eta)\)-tight network with respect to a collection \( \mathcal{L} \) of subsets, let \( \delta \) be a number in \((0, 1)\) and let \( \gamma \geq 0 \). For every subset \( L \in \mathcal{L} \) we denote by \( \text{Div}^L_\gamma(n; \delta) \) the divergence function for \( N_\gamma(L) \) with the induced metric.

The network divergence of \( X \) is defined as

\[
\text{Div}^X_\gamma(n; \delta) = \sup_{L \in \mathcal{L}} \text{Div}^L_\gamma(n; \delta).
\]

Theorem 4.9. Let \( X \) be a geodesic metric space, let \( \mathcal{L} \) be a collection of subsets which forms a \((\tau, \eta)\)-tight network inside \( X \), let \( \delta \) be a number in \((0, 1)\) and let \( \gamma \geq 0 \). The divergence in \( X \) satisfies

(ii) \( \text{Div}^X_\gamma(n; \delta) \leq C \cdot n \text{Div}^X_\gamma(n; \delta) \)

where the constant \( C \) only depends on the constants \( \tau, \eta, \delta \) and \( \gamma \).

Proof. Let \( a, b, c \) be three points such that \( \text{dist}(a, b) = n \) and \( \text{dist}(c, \{a, b\}) = r > \tau \). If the ball \( B(c, \delta r - \gamma) \) does not intersect a geodesic \([a, b]\) then \( \text{Div}^X_\gamma([a, b], \delta) = n \). Assume therefore that \( B(c, \delta r - \gamma) \) intersects \([a, b]\). This in particular implies that \( r \leq \delta r - \gamma + \frac{n}{\delta} \), whence \( r \leq \frac{n}{2(1 - \delta)} \).

Lemma 4.6 applied to the geodesic \([a, b]\) implies the existence of a finite sequence of points \( x_0 = a, x_1, \ldots, x_k = b \) with \( k \leq \frac{n}{2} + 2 \), consecutive on the geodesic, and of a finite sequence of subsets in \( \mathcal{L} \), \( L_0 = L, L_1, \ldots, L_q = L' \) with \( q \leq k \eta \leq \eta \left( \frac{n}{2} + 2 \right) \) such that:

1. for every \( j \in \{0, 1, \ldots q - 1\} \) the intersection \( N_\tau(L_j) \cap N_\tau(L_{j+1}) \) is of infinite diameter and \( \eta \)-path connected;
2. there exist \( j_0 = 0 < j_1 < \ldots < j_{n-1} < j_n = q \) such that if \( j_{i-1} \leq j \leq j_i \) then \( N_\tau(L_j) \cap N_\tau(L_{j+1}) \) intersects \( B(x_i, \eta) \).

Let \( \sigma > 0 \) be large enough. Conditions on \( \sigma \) will be added later on. Consider an arbitrary \( j \in \{0, 1, \ldots q - 1\} \). There exists \( i \in \{1, 2, \ldots, k - 1\} \) such that \( j_{i-1} \leq j \leq j_i \). This implies that there exists a point \( z_{j+1} \) in \( N_\tau(L_j) \cap N_\tau(L_{j+1}) \) at distance at most \( \eta \) from \( x_i \).

Either \( x_i \) is not in \( B(c, \sigma r) \) in which case we take \( y_{j+1} = x_i \), or \( x_i \) is in \( B(c, \sigma r) \) and we proceed as follows. Since we are in a network, \( N_\tau(L_j) \cap N_\tau(L_{j+1}) \) is of infinite diameter and thus contains an element \( z'_{j+1} \) at distance \( \geq \sigma r \) from \( c \). Since the intersection is \( \eta \)-path connected there exists a path joining \( z_{j+1} \) and \( z'_{j+1} \) in
the \( \eta \) neighborhood of the intersection, and one can find on it a point at distance \( \sigma r \) from \( c \). Thus, there exists \( y_{j+1} \in N_r(L_j) \cap N_r(L_{j+1}) \) at distance \( \sigma r + O(1) \) from \( c \).

If \( x_0 = a \) is in \( B(c, \sigma r) \) then we may find a point \( y_0 \in N_r(L_0) \) at distance \( \sigma r + O(1) \) from \( c \). Likewise we may have to replace \( b \) by another point \( y_{q+1} \).

We thus obtain a new sequence of points \( y_0, y_1, \ldots, y_{q+1} \) all at distance \( \sigma r + O(1) \) from \( c \). For every \( j \in \{0, 1, \ldots, q\} \) the pair \( y_j, y_{j+1} \) is inside \( N_r(L_j) \). If \( B(c, \delta r - \gamma) \) does not intersect \( N_r(L_j) \) then simply join \( y_j, y_{j+1} \) by short geodesics to points in \( L_j \) and join those points by a \((\eta, \eta)\)-quasi-geodesic in \( N_r(L_j) \). Otherwise, the intersection of \( B(c, \delta r - \gamma) \) with \( N_r(L_j) \) contains a point, which we denote \( c_j \). The ball \( B(c_j, 2\delta r - \gamma) \) contains \( B(c, \delta r - \gamma) \). We choose \( \sigma \) large enough so that \( 2r \leq \text{dist}(c_j, \{y_j, y_{j+1}\}) \). Thus dist\((c_j, \{y_j, y_{j+1}\}) \geq \sigma r + O(1) \) allows us to join \( y_j \) and \( y_{j+1} \) outside the ball \( B(c_j, 2\delta r - \gamma) \) by a path of length at most \( \text{Div}_{\gamma}^{G}(2\sigma r + O(1); \delta) \leq \text{Div}_{\gamma}^{G} \left( \frac{1}{2} n + O(1); \delta \right) \).

The concatenation of all these curves gives a curve joining \( a \) and \( b \) outside \( B(c, \delta r - \gamma) \) and of length at most \( 2\alpha n + (q+1)\text{Div}_{\gamma}^{G}(\alpha n + O(1); \delta) \), where \( \alpha = \frac{\sigma}{\delta} \) and \( q \leq \frac{2}{\sigma} n + 2\eta \). Note that the first term stands for the lengths of the geodesics joining \( a \) and \( y_0 \), respectively \( y_q \) and \( b \). \( \square \)

**Corollary 4.10.** Let \( G \) be a tight algebraic network with respect to the collection of subgroups \( \mathcal{H} \). For every \( \delta \in (0, 1) \) and \( \gamma \geq 0 \),

\[
\text{Div}_{\gamma}^{G}(n; \delta) \leq n \sup_{H \in \mathcal{H}} \text{Div}_{\gamma}^{H}(n; \delta).
\]

### 4.3. Thick spaces and groups

In some sense, the subsets forming a network are building blocks and the ambient space is constructed out of them. By iterating this construction we obtain thick spaces, a notion introduced in [BDM09]. The initial step in [BDM09] (thick spaces of order zero) were taken to be unconstricted spaces.

In this paper, we adapt the notion with a view to relate the order of thickness to the order of the divergence function. To this purpose, we introduce below *strongly thick spaces* by taking as initial step a subclass of unconstricted spaces, namely, wide spaces.

**Definition 4.11.** A collection of metric spaces, \( B \), is uniformly wide if:

1. for some positive real constants \( \lambda, \kappa \), every point in every space \( B \in B \) is at distance at most \( \kappa \) from a bi-infinite \((\lambda, \lambda)\)-quasi-geodesic in \( B \);

2. for every sequence of spaces \( (B_i, \text{dist}_i) \) in \( B \), every ultrafilter \( \omega \), sequence of scaling constants \( d = (d_i) \) and sequence of basepoints \( b = (b_i) \) with \( b_i \in B_i \),

   the ultralimit \( \lim_\omega \left( B_i, b_i, \frac{1}{d_i} \text{dist}_i \right) \) does not have cut-points.

All the examples of unconstricted spaces listed in [BDM09] page 555] are in fact examples of uniformly wide collections of metric spaces (with “wide” replacing “unconstricted” in Example 5).

The following uniform version of Proposition 3.7 (ii) can be easily obtained by adapting the proof of [DMS10] Lemma 3.17 (ii)] and considering ultralimits of rescaled spaces in \( B \) instead of asymptotic cones.

**Proposition 4.12.** Let \( B \) be a collection of uniformly wide metric spaces.

For every \( 0 < \delta < \frac{1}{14} \) and every \( \gamma \geq 0 \), the function \( \sup_{B \in B} \text{Div}_{\gamma}^{B}(n; \delta) \) is bounded by a linear function.
Definition 4.13. (metric thickness and uniform thickness).

\( (M_0) \) A metric space is called strongly thick of order zero if it is wide. A family of metric spaces is uniformly strongly thick of order zero if it is uniformly wide.

\( (M_{n+1}) \) Given \( \tau \geq 0 \) and \( n \in \mathbb{N} \) we say that a metric space \( X \) is \((\tau, \eta)\)-strongly thick of order at most \( n+1 \) with respect to a collection of subsets \( \mathcal{L} \) if \( X \) is a \((\tau, \eta)\)-tight network with respect to \( \mathcal{L} \), and moreover:

1. \( \mathcal{L} \) is uniformly strongly thick of order at most \( n \).

Further, \( X \) is said to be \((\tau, \eta)\)-strongly thick of order \( n \) (with respect to \( \mathcal{L} \)) if it is \((\tau, \eta)\)-strongly thick of order at most \( n \) (with respect to \( \mathcal{L} \)) and for no choices of \( \tau, \eta \) and \( \mathcal{L} \) is it strongly thick of order at most \( n - 1 \).

When \( \mathcal{L}, \tau, \eta \) are irrelevant, we say that \( X \) is strongly thick of order (at most) \( n \) or simply that \( X \) is strongly thick.

\( (M_{\text{uniform}}) \) A family \( \{X_i | i \in I\} \) of metric spaces is uniformly strongly thick of order at most \( n+1 \) if the following hold.

1. \( \mathcal{L} \) is uniformly strongly thick of order at most \( n+1 \) if the following hold.
2. \( \mathcal{L} \) is uniformly strongly thick of order at most \( n+1 \) if the following hold.

The order of strong thickness is a quasi-isometry invariant, c.f., [BDM09, Remark 7.2].

For finitely generated groups and subgroups with word metrics a stronger version of thickness can be defined.

Definition 4.14 (strong algebraic thickness). Consider a finitely generated group \( G \).

\( (A_0) \) \( G \) is called strongly algebraically thick of order zero if it is wide.

\( (A_n) \) Given \( M > 0 \), a group \( G \) is called \( M \)-strongly algebraically thick of order at most \( n+1 \) with respect to a finite collection of subgroups \( \mathcal{H} \), if:

- \( G \) is an \( M \)-tight algebraic network with respect to \( \mathcal{H} \);
- all subgroups in \( \mathcal{H} \) are strongly algebraically thick of order at most \( n \).

\( G \) is said to be \( \text{strongly algebraically thick of order} n+1 \) with respect to \( \mathcal{H} \), when \( n \) is the smallest value for which this statement holds.

Remark 4.15. The property of strong algebraic thickness does not depend on the choice of the word metric on the group \( G \). This raised the question, asked in [BDM09, Question 7.5], whether strong algebraic thickness is invariant by quasi-isometry. The following example, due to Alessandro Sisto, answers this question by showing that algebraic thickness is not a quasi-isometry invariant. Let \( G \) be the fundamental group of a closed graph manifold whose associated graph of groups consists of one vertex and one edge. Since any element acting hyperbolically on the Bass-Serre tree is a Morse element [DMS10], it follows that any subgroup that contains such an element has cut-points in all its asymptotic cones. Hence, any subgroup of \( G \) which is both quasi-convex and wide (or even unconstricted) is contained in a conjugate of the vertex group. As any finite set of subgroups contained,
each of them, in some conjugate of the vertex group generate an infinite index
subgroup, it follows that no collection of unconstricted subgroups can constitute
a tight algebraic network in $G$. Hence $G$ is not algebraically thick. On the other
hand, all fundamental groups of closed graph manifold are quasi-isometric and some of them are algebraically thick, e.g., the graph manifold built by gluing
together two Seifert fibered spaces each with one boundary component.

**Examples 4.16.** The following are some known examples of thick and algebraically
thick spaces and groups:

1. Mapping class groups of surfaces $S$ with complexity $\xi(S) = 3 \times \text{genus} + \#(\text{boundary components}) - 3 > 1$ are strongly algebraically thick of order 1 [BDM09, Beh06].
2. $\text{Aut}(F_n)$ and $\text{Out}(F_n)$, for $n \geq 3$, are strongly algebraically thick of order at most 1 with respect to a family of quasi-flats of dimension 2. $\text{Out}(F_n)$ is strongly algebraically thick of order 1, this was announced in [Ham], see also [AK] [Ham09].
3. various Artin groups are strongly algebraically thick of order at most one [BDM09, §10], right-angled Artin groups which are thick of order 1 are classified in [BC].
4. graphs of groups with infinite edge groups and whose vertex groups are thick of order $n$, are thick of order at most $n+1$, by Proposition 4.4. In particular, the fundamental group $G = \pi_1(M)$ of a non-geometric graph manifold is strongly thick of order 1;
5. for every surface $S$ of finite type with complexity $\xi(S) \geq 6$, the Teichmüller space with the Weil-Petersson metric is strongly thick of order one with respect to a family of quasi-flats of dimension two [BDM09 §12, Beh06].

A connection between order of thickness and order of the divergence function
can be easily established using Theorem 4.9.

**Corollary 4.17.** If a family $B$ of metric spaces is uniformly strongly thick of order
at most $n$ then for every $0 < \delta < \frac{1}{4n}$ and every $\gamma \geq 0$,

$$\sup_{B \in B} \text{Div}_\gamma^B(x; \delta) \leq x^{n+1}. $$

In particular, if a metric space $X$ is strongly thick of order at most $n$, then for
eyery $\delta$ and $\gamma$ as above:

$$\text{Div}_\gamma(x; \delta) \leq x^{n+1}. $$

**Proof.** The statement follows by induction on $n$. For $n = 0$, since wide spaces
have linear divergence the result holds, see Proposition 4.12. If the result holds for
order $n$, then it follows immediately from Theorem 4.9 that the result holds for
order $n + 1$. $\square$

Corollary 4.17 yields upper estimates for divergence functions of several spaces
and groups. In the two corollaries below, we record these estimates in two cases
that are not in the literature. The estimates are sharp (for the upper bounds see
Section 6), with one exception when the exact order of divergence is unknown.

**Corollary 4.18.** If $S$ is a compact oriented surface of genus $g$ and with $p$ boundary
components such that $3g + p - 3 \geq 4$ and $(g, p) \neq (2, 1)$ then the Weil-Petersson
metric on the Teichmüller space has at most quadratic divergence. When \((g, p) = (2, 1)\) the divergence is at most cubic.

**Proof.** It is an immediate consequence of Corollary 4.17 combined with [BDM09, Theorem 12.3] and [BM08, Theorem 18].

Quadratic lower bounds on the divergence of the Weil-Petersson metric is implicit in the results of [Beh06], see also Section 6. The following question remains open, which if answered negatively would provide an interesting quasi-isometry invariant differentiating the Weil-Petersson metric on the Teichmüller space of a surface of genus two with one boundary component from the other two Teichmüller spaces of surfaces of the same complexity (i.e., the four-punctured torus and the seven-punctured sphere).

**Question 4.19.** Does the Weil-Petersson metric on the Teichmüller space of a surface of genus two with one boundary component have quadratic divergence?

**Corollary 4.20.** For \(n \geq 3\) both \(\text{Aut}(F_n)\) and \(\text{Out}(F_n)\) have divergence at most quadratic.

This bound is sharp, for the lower bound see Corollary 6.8

A natural question raised by Theorem 4.9 and supported by all known examples, including the two above, is the following:

**Question 4.21.** Is a group \(G\) strongly algebraically thick of order \(n\) if and only if it has polynomial divergence of degree \(n + 1\)?

5. Higher order thickness and polynomial divergence

In this section we construct \(\text{CAT}(0)\) groups that are strongly algebraically thick of order \(n\) and with polynomial divergence of degree \(n + 1\); this answers Gersten’s question [Ger94a] of whether a \(\text{CAT}(0)\) group can have polynomial divergence of degree 3 or greater (Macura recently provided a different construction of examples [Mac].)

We construct, by induction on \(n\), a compact locally \(\text{CAT}(0)\) space, \(M_n\), whose fundamental group \(G_n = \pi_1(M_n)\) is torsion-free. In Proposition 5.1 we show that \(G_n\) is strongly algebraically thick of order at most \(n\). In Proposition 5.2 we show that \(M_n\) contains a closed geodesic \(g_n\) such that in the universal cover \(\tilde{M}_n\) the lift \(\tilde{g}_n\) is Morse and has divergence \(\asymp x^{n+1}\). Corollary 4.17 then implies that \(G_n\) is strongly thick of order exactly \(n\). Also, by [BN08, Theorem 3.2], our construction of \(M_1\) can be chosen with fundamental group of any one of an infinite family of pairwise non-quasi-isometric classes. In our construction the quasi-isometry type of \(M_n\) is an invariant of the quasi-isometry type of \(M_{n+1}\); hence our construction yields infinitely many quasi-isometry types of groups. Thus this family of groups will yield Theorem 1.1.

For \(n = 1\) take \(M_1\) to be a \(\text{CAT}(0)\), non-geometric graph manifold; these are easily constructed by taking a pair of hyperbolic surfaces each with at least one boundary component, crossing each with a circle, and then gluing these two 3–manifolds together along a boundary torus by flipping the base and fiber directions. It was proven by Gersten that these manifolds have quadratic divergence [Ger94a]. These groups are all thick of order 1 [BDM09], algebraically thick examples are easy to produce by using Example 4.16(4) and asking that the corresponding graph
of groups is simply connected (as in the explicit example above). The remaining properties are easily verified.

Assume now that for a fixed integer \( n \geq 1 \) we have constructed a compact locally \( CAT(0) \) space \( M_n \) with a closed geodesic \( g_n \), such that the lifts \( \tilde{g}_n \) in the universal cover have divergence \( \asymp x^{n+1} \); moreover such that the fundamental group, \( G_n = \pi_1(M_n) \), is thick of order at most \( n \). We obtain \( M_{n+1} \) by gluing two isometric copies of \( M_n \) (denoted \( M_n \) and \( M'_n \)) by identifying the two copies of the closed geodesic \( g_n \).

To check that \( M_{n+1} \) is locally \( CAT(0) \) we note that this clearly holds in the neighborhood of each point \( y \) not on \( g_n \). If \( y \in g_n \) then any geodesic triangle with endpoints in \( B(y, \epsilon) \) is either contained in one of the two copies of \( M_n \) or two of its edges cross \( g_n \). In either of the cases it is easily checked that the triangle satisfies the \( CAT(0) \) condition.

It follows that \( \tilde{M}_{n+1} \) is a \( CAT(0) \) space on which the fundamental group \( G_{n+1} \) acts cocompactly. The group \( G_{n+1} \) is an amalgamated product of two copies of \( G_n \) along the cyclic group \( C_n \) generated by the element corresponding to \( g_n \). We write this as \( G_{n+1} = G_n *_{C_n} G'_n \) (where \( G_n \) and \( G'_n \) are isomorphic). The inductive hypothesis that \( G_n \) is torsion-free implies that \( G_{n+1} \) is torsion-free. Let \( T_n \) be the simplicial tree corresponding to this splitting.

**Proposition 5.1.** \( G_{n+1} \) is strongly algebraically thick of order at most \( n+1 \).

**Proof.** Since each of \( G_n \) and \( G'_n \) are thick of order at most \( n \) and intersect in an infinite cyclic group, it only remains to prove that \( G_n \) and \( G'_n \) are both quasi-convex in \( G_{n+1} \). This is equivalent to proving that in \( \tilde{M}_{n+1} \) the lifts \( \tilde{M}_n \) and \( \tilde{M}'_n \) of \( M_n \) and \( M'_n \) respectively are quasi-convex. Note that \( \tilde{M}_{n+1} \) is obtained by gluing all the translates \( G_n \tilde{M}_n \) and \( G_n \tilde{M}'_n \) along geodesics \( G_n \tilde{g}_n \). In particular, the geodesics in \( G_n \tilde{g}_n \) separate \( \tilde{M}_{n+1} \).

We first prove that \( \tilde{g}_n \) is totally geodesic. We prove by induction on \( k \) that an arbitrary geodesic \([x, y]\) joining two points \( x, y \in \tilde{g}_n \) and crossing at most \( k \) geodesics in \( G_n \tilde{g}_n \) must be contained in \( \tilde{g}_n \). Here and in what follows when we say that a subset \( A \) of \( \tilde{M}_{n+1} \) crosses a geodesic \( \tilde{g}_n \) in \( G_n \tilde{g}_n \) we mean that \( A \) intersects at least two connected components of \( \tilde{M}_{n+1} \setminus \tilde{g}_n \).

For \( k = 0 \) the statement follows from the fact that \( \tilde{g}_n \) is totally geodesic both in \( \tilde{M}_n \) and in \( \tilde{M}'_n \) and that, since the metric on \( \tilde{M}_{n+1} \) locally coincides with the metric on \( \tilde{M}_n \) (respectively \( \tilde{M}'_n \)) the length of a path contained in \( \tilde{M}_n \) (respectively \( \tilde{M}'_n \)) is the same in that space as in \( \tilde{M}_{n+1} \). Now assume that the statement is true for all integers less than \( k \) and consider an arbitrary geodesic \([x, y]\) with endpoints \( x, y \in \tilde{g}_n \) and crossing at most \( k \) geodesics in \( G_n \tilde{g}_n \). Let \( \tilde{g}'_n \) be a geodesic crossed by \([x, y]\) such that the corresponding edge in \( T_n \) is at maximal distance from the edge corresponding to \( \tilde{g}_n \). It follows that there exists \([a, b]\) subgeodesic of \([x, y]\) with endpoints on the geodesic \( \tilde{g}'_n \) and not crossing any other geodesic in \( G_n \tilde{g}_n \). Then it must be entirely contained in \( \tilde{g}_n \) according to the initial step for \( k = 0 \). Hence the geodesic \( \tilde{g}'_n \) is not crossed and we can use the inductive hypothesis.

We have thus proved that all geodesics in \( G_n \tilde{g}_n \) are totally geodesic in \( \tilde{M}_{n+1} \), in particular they are geodesics in \( \tilde{M}'_n \). From this it immediately follows that each of the subspaces in the orbits \( G_n \tilde{M}_n \) and \( G_n \tilde{M}'_n \) is totally geodesic. \( \Box \)
Proposition 5.2. There exists a closed geodesic $\tilde{g}_{n+1}$ in $M_{n+1}$ such that in the universal cover $\tilde{M}_{n+1}$ the lift $\tilde{g}_{n+1}$ is Morse and has divergence $\asymp x^{n+2}$.

Proof. The group $G_{n+1}$ acts on the tree $T_n$ with quotient an edge; therefore there exists a loxodromic element $\gamma \in G_{n+1}$. The action is acylindrical, moreover the stabilizers of two distinct edges have trivial intersection. Indeed consider two edges $e$ and $he$, with $h \in G_{n+1}$. Assume that their stabilizers $C_e$ and $hC_eh^{-1}$ intersect non-trivially. Then they intersect in some finite index cyclic subgroup $C'_{n+1}$ of $C_{n+1}$.

In particular there exist two integers $r, s$ such that if $\gamma_n$ is the generator of $C_n$ then $\gamma_n^r = h\gamma_n^s h^{-1}$. If $r \neq \pm s$ then it can be easily proved that $C_n$ must be distorted in $G_{n+1}$, contradicting the previous lemma. It follows that $r = \pm s$, and up to replacing $h$ by $h^2$ we may assume that $r = s$. It follows that $h$ is an element of infinite order in the center of $C_n$, and this contradicts the fact that $C_n$ (and hence $C'_{n+1}$) is a Morse quasi-geodesic.

By Theorem [DMS10, Theorem 4.1], since the cyclic subgroup $C = \langle \gamma \rangle$ acts acylindrically by isometries on a simplicial tree it is a Morse quasi-geodesic. Consider a point $x \in \tilde{M}_{n+1}$. Since the map $G_{n+1} \to \tilde{M}_{n+1}$ defined by $g \mapsto gx$ is a quasi-isometry, it follows that $Cx$ is a Morse quasi-geodesic. The sequence of geodesics $[\gamma^{-n} x, \gamma^{n} x]$ is contained in $N_M(Cx)$ for a fixed $M$, hence it has a subsequence converging to a bi-infinite geodesic $p$ entirely contained in $N_M(Cx)$. For every $k \in \mathbb{Z}$, $\gamma^k p$ is also inside $N_M(Cx)$. It follows that the two bi-infinite geodesics $p$ and $\gamma^k p$ are at finite Hausdorff distance. Since the function $t \mapsto \text{dist}(p(t), \gamma^k p(t))$ is convex positive and bounded it follows that it is constant, hence the two geodesics are parallel. According to [BH99], the set of bi-infinite geodesics parallel to $p$ compose a set isometric to $p \times K$, where $K$ is a convex subset. Since $C$ is a Morse quasi-geodesic, hence $p$ is a Morse geodesic, it follows that $K$ must be bounded. By possibly replacing it with a smaller set, we may assume that $p \times K$ is invariant with respect to $C$. If $b$ denotes the barycenter of $K$, then $p \times \{b\}$ is invariant with respect to $C$. Take $\tilde{g}_{n+1} = p \times \{b\}$ and $\tilde{g}_{n+1} = \tilde{g}_{n+1}/C$.

The only thing remaining to be proved is that the divergence of $\tilde{g}_{n+1}$ is equivalent to $x^{n+2}$. Consider a shortest path $\epsilon$ joining $\tilde{g}_{n+1}(-x)$ and $\tilde{g}_{n+1}(x)$ outside the ball $B(\tilde{g}_{n+1}(0), \delta x - \kappa)$. In particular this path is at distance at least $\frac{\delta}{3}$ from the geodesic $\tilde{g}_{n+1}$ restricted to $[\frac{-\delta}{3} x, \frac{\delta}{3} x]$ and it has to cross the same separating geodesics in $G_{n+1}\tilde{g}_{n}$ and no more (if it is shortest).

There exists a constant $M$ such that two separating geodesics crossed consecutively by $\tilde{g}_{n+1}$ are at distance at most $M$ and such that the pair of points realizing the distance between two such consecutive geodesics is inside $N_M(\tilde{g}_{n+1})$. It follows that the number of separating geodesics in $G_{n+1}\tilde{g}_{n}$ crossed by $\tilde{g}_{n+1}$ restricted to $[\frac{-\delta}{3} x, \frac{\delta}{3} x]$ is $\asymp \frac{2\delta}{3} x$. Let $\alpha$ and $\alpha'$ be the two intersection points of $\epsilon$ with two geodesics in $G_{n+1}\tilde{g}_{n}$ crossed consecutively, $g$ and $g'$, and let $\epsilon'$ be the subpath of $\epsilon$ of endpoints $\alpha$ and $\alpha'$. Let $[a, b]$ be a geodesic which is the shortest path joining $g$ and $g'$. For $\delta'$ small enough we may assume that $\epsilon'$ is outside $N_{\delta'}((a, b)]$. Let $\beta$ be the nearest point projection of $\alpha'$ onto $g$. If $\text{dist}(\alpha', \beta) = o(x)$ then an argument as in [KLJ98, Proposition 3.3] allows to find a flat strip bounded by $g$, a contradiction. It follows that $\text{dist}(\alpha', \beta) \geq \lambda x$ for some constant $\lambda > 0$ independent of the point $\alpha'$.

Both the geodesics $[a, b]$ and $[\beta, \alpha']$ make an angle of at least $\frac{\pi}{2}$ with $g$, since one of the endpoints of each is the nearest point projection on $g$ of the other endpoint. This and the $\text{CAT}(0)$–property implies that $[\alpha', \beta] \cup [\beta, a] \cup [a, b]$ is an
(L, 0)-quasi-geodesic, for large enough L (depending also on λ). It follows that 
[a', β] ∪ [β, a] ∪ [a, b] is contained in an M-neighborhood of g'. In particular there 
exists β' on g' at distance ≍ λx such that [α', β'] ⊆ g' has nearest point projection 
on g at distance O(1) from β. Also β is at distance O(1) from a, otherwise we would 
obtain again that some finite index subgroup of C has a non-trivial element 
h ∈ C in its center. We choose a point µ on g between α and β, at distance εx from 
β and a ball B(µ, δx) ⊆ N_{δx}(a, b) with ε small enough. The ball B(µ, δx) does 
not intersect the path c' ∪ [α', β'] ∪ [β', β]'. This and the fact that g has divergence 
≃ x^{n+1} implies that the length of c' ≥ x^{n+1}.

We conclude that the length of the path c ≥ x^{n+2}. □

6. Morse quasi-geodesics and divergence

In this section we improve the result in Proposition 3.10 and generalize it to the 
 utmost in the CAT(0) setting in Theorem 6.4. We also show that the quadratic 
lower bound on divergence occurs for many concrete examples of Morse elements in 
groups. This together with the estimate on divergence coming from the structure 
of thick metric space yields a divergence precisely quadratic for several groups and 
spaces (Corollary 6.8).

**Lemma 6.1.** Let q be a Morse quasi-geodesic in a metric space (X, dist). Then 
for every λ ∈ (0, 1) and for every M > 0 there exist D > 0 such that the following 
holds. If c is a sub-quasi-geodesic of q, x and y are points in X, x' and y' are 
points on c minimizing the distance to x, respectively y, and dist(x', y') ≥ D while 
dist(x, x') + dist(y', y) ≤ Mdist(x', y') then dist(x, y) ≥ λ[dist(x, x') + dist(x', y') + 
dist(y', y)].

**Proof.** Assume for a contradiction that there exists λ ∈ (0, 1) and M > 0 such that 
for every D_n > 0 there exist ε_n sub-quasi-geodesic of q, x_n, y_n ∈ X and x'_n, y'_n points 
on c_n minimizing the distance to x_n, respectively y_n such that dist(x_n, y'_n) ≥ D_n, 
dist(x_n, x'_n) + dist(y'_n, y_n) ≤ Mdist(x'_n, y'_n) while dist(x_n, y_n) ≤ λ[dist(x_n, x'_n) + 
dist(x'_n, y'_n)] + dist(y'_n, y_n).

We denote dist(x_n, x'_n) + dist(x'_n, y'_n) + dist(y'_n, y_n) by δ_n. Note that by hypothesis 
dist(x'_n, y'_n) ≤ δ_n ≤ (M + 1)dist(x'_n, y'_n).

Consider Conc_c(X, (x_n); (δ_n)). Since q is a Morse quasi-geodesic q_w = lim_w(q) is a 
biLipschitz path in a transversal tree, c_w = lim_w(c_n) is a subpath in it, and 
x'_w = lim_w(x'_n) and y'_w = lim_w(y'_n) are two points on it. Let x_w = lim_w(x_n) and 
y_w = lim_w(y_n). Any geodesics [x_w, x'_w] and [y_w, y'_w] intersect c_w only in an endpoint. 
Let [x''_w, x'_w] be the intersection of the geodesic [x_w, x'_w] with the transversal tree 
containing q_w; let [x''_w, y'_w] be defined likewise. The union [x''_w, x'_w] ∪ [x'_w, y'_w] ∪ [y'_w, y''_w] is a geodesic in a transversal tree, since it is a concatenation of three arcs such that 
[x''_w, y''_w] does not reduce to a point, and it intersects its predecessor in x'_w and its 
successor in y'_w.

This, the fact that transversal trees can always be added to the list of pieces in 
a tree-graded space [DS05, Remark 2.27], and Lemma 2.28 in [DS05] imply that 
[x_w, x'_w] ∪ [x'_w, y'_w] ∪ [y'_w, y_w] is a geodesic. In particular dist(x_n, y_n) = δ_n + o(δ_n). 
This contradicts the fact that dist(x_n, y_n) ≤ λδ_n. □

**Lemma 6.2.** Let q be a Morse quasi-geodesic in a CAT(0) metric space (X, dist). 
Then for every λ ∈ (0, 1) there exists D > 0 such that the following holds. If c
is a sub-quasi-geodesic of $q$, $x$ and $y$ are points in $X$, $x'$ and $y'$ are points on c minimizing the distance to $x$, respectively $y$, and $\text{dist}(x', y') \geq D$ then $\text{dist}(x, y) \geq \lambda [\text{dist}(x, x') + \text{dist}(x', y') + \text{dist}(y', y)]$.

Proof. We argue by contradiction and assume that for some $\lambda$ there exist sequences of sub-quasi-geodesics $c_n$ of $q$, and of pairs of points $x_n, y_n$ such that for some points $x'_n$, and $y'_n$ on $c_n$ minimizing the distance to $x_n$, respectively $y_n$ we have that $\text{dist}(x'_n, y'_n) \geq n$ while $\text{dist}(x_n, y_n) \leq \lambda [\text{dist}(x_n, x'_n) + \text{dist}(x'_n, y'_n) + \text{dist}(y'_n, y_n)]$. In what follows we fix some geodesics $[x_n, x'_n]$ and $[y_n, y'_n]$, and for every $u_n \in [x_n, x'_n]$ and $v_n \in [y_n, y'_n]$ we introduce the notation

$$\delta(u_n, v_n) := \text{dist}(u_n, x'_n) + \text{dist}(x'_n, y'_n) + \text{dist}(y'_n, v_n).$$

We will break the argument into two cases.

Case (i): Assume $\lim_{\omega} \frac{\delta(c_n, x_n)}{\text{dist}(x_n, y_n)} < \infty$.

Then in $\text{Con}_{c_n}(X; (x'_n), (\text{dist}(x'_n, y'_n)))$, the limit $c_\omega = \lim_{\omega} c_n$ is a subarc in the transversal line $q_\omega = \lim_{\omega} q_n$ containing the two points $x'_n$, and $y'_n$, distance 1 apart, which points are the nearest points in $c_\omega$ to the points $x_\omega$ and $y_\omega$.

With an argument as in the proof of the previous lemma we obtain that $[x_\omega, x'_\omega] \cup [x'_\omega, y'_\omega] \cup [y'_\omega, y_\omega]$ is a geodesic, in particular $\text{dist}(x_n, y_n) = \delta(x_n, y_n) + o(\text{dist}(x'_n, y'_n))$. This contradicts the fact that $\text{dist}(x_n, y_n) \leq \lambda \delta(x_n, y_n)$.

Case (ii): Assume $\lim_{\omega} \frac{\delta(x_n, y_n)}{\text{dist}(x_n, y_n)} = \infty$, or equivalently that

$$\lim_{\omega} \frac{\text{dist}(x_n, x'_n) + \text{dist}(y_n, y'_n)}{\text{dist}(x'_n, y'_n)} = \infty.$$

We consider the parametrization proportional to the arc-length $g_x: [0, 1] \to [x_n, x'_n]$ sending 0 to $x'_n$ and 1 to $x_n$. Similarly define $g_y: [0, 1] \to [y_n, y'_n]$.

Fix $\lambda' \in (\lambda, 1)$ and for every $n$ consider the maximal $t_n \in [0, 1]$ such that

$$\text{dist}(g_x(t_n), g_y(t_n)) \geq \lambda' \delta(g_x(t_n), g_y(t_n)).$$

Clearly $t_n < 1$ and from the continuity of the two sides of the inequality above and the maximality of $t_n$ we deduce that

$$(iii) \quad \text{dist}(g_x(t_n), g_y(t_n)) = \lambda' \delta(g_x(t_n), g_y(t_n)).$$

Using the convexity of the distance we have:

$$\lambda' \delta(g_x(t_n), g_y(t_n)) = \text{dist}(g_x(t_n), g_y(t_n)) \leq (1 - t_n) \text{dist}(x'_n, y'_n) + t_n \text{dist}(x_n, y_n)

\leq (1 - t_n) \text{dist}(x'_n, y'_n) + t_n \lambda \delta(x_n, y_n) \leq \text{dist}(x'_n, y'_n) + \lambda \delta(g_x(t_n), g_y(t_n)).$$

Whence it follows that

$$(\lambda' - \lambda) \delta(g_x(t_n), g_y(t_n)) \leq \text{dist}(x'_n, y'_n).$$

In particular

$$\lim_{\omega} \frac{\delta(g_x(t_n), g_y(t_n))}{\text{dist}(x'_n, y'_n)} \leq \frac{1}{\lambda' - \lambda} < \infty,$$

whence

$$\lim_{\omega} \frac{\text{dist}(g_x(t_n), x'_n) + \text{dist}(y'_n, g_y(t_n))}{\text{dist}(x'_n, y'_n)} < \infty.$$

If the above limit is zero then since

$$\text{dist}(x'_n, y'_n) - \text{dist}(g_x(t_n), x'_n) - \text{dist}(y'_n, g_y(t_n)) \leq \text{dist}(g_x(t_n), g_y(t_n)) \leq \delta(g_x(t_n), g_y(t_n))$$

it follows that $\lim_{\omega} \frac{\delta(g_x(t_n), g_y(t_n))}{\text{dist}(x'_n, y'_n)} = \lim_{\omega} \frac{\text{dist}(g_x(t_n), g_y(t_n))}{\text{dist}(x'_n, y'_n)} = 1$.

Thus if in equation (iii) we divide by $\text{dist}(x'_n, y'_n)$ and take the $\omega$-limits we obtain

$1 = \lambda'$, a contradiction.
We conclude that
\[ 0 < \lim_{\omega} \frac{\text{dist}(g_x(t_n), x'_n) + \text{dist}(y'_n, g_y(t_n))}{\text{dist}(x'_n, y'_n)} < \infty. \]

In Cone_\omega(X; (x'_n), (\text{dist}(x'_n, y'_n))), we again have that c_\omega = \lim_\omega c_n is a subarc in the transversal line q_\omega = \lim_\omega q_n containing the two points x'_n and y'_n which are distance 1 apart. The limits \lim_\omega [x_n, x'_n] and \lim_\omega [y_n, y'_n] are either two rays intersecting c_\omega only in their origin or only one ray like this and one geodesic segment (possibly trivial) intersecting c_\omega only in one point. The limits of the sequences of points g_x(t_n) and g_y(t_n) are respectively on each of the two rays (or on the ray and the segment), in particular it follows that dist(g_x(t_n), g_y(t_n)) = \delta(g_x(t_n), g_y(t_n)) + o(\text{dist}(x'_n, y'_n)).

This and equality \(\Box\) yield a contradiction. \(\square\)

**Lemma 6.3.** Let q be a Morse quasi-geodesic in a CAT(0) metric space (X, dist). There exists a constant D_0 such that if \(0 < \text{dist}(x, y) < \frac{1}{2} \text{dist}(x, x') + \text{dist}(x', y') + \text{dist}(y', y)\) implies \(\text{dist}(x', y') \leq D_0\).

**Proof.** According to Lemma 6.1 there exists D_0 such that if \(x, y \in X\) are such that both \(\text{dist}(x, c)\) and \(\text{dist}(y, c)\) are strictly larger than \(\text{dist}(x, y)\) and \(x'\) and \(y'\) are points on \(c\) minimizing the distance to \(x\), respectively \(y\), then \(\text{dist}(x', y') \leq D_0\).

**Theorem 6.4.** Let q be a Morse quasi-geodesic in a CAT(0) metric space (X, dist). Then the divergence \(\text{Div}^q \geq x^2\).

**Proof.** Let \(a = q(-r)\) and \(b = q(r)\) and let \(p\) be a path joining \(a\) and \(b\) outside \(B(q(0), \delta r - \gamma)\). Let \(c\) be the maximal subpath of \(q\) with endpoints contained in \(B(q(0), \frac{\delta}{2} r - 3\gamma)\). Then for \(\gamma\) large enough we may assume that \(c\) is entirely contained in \(B(q(0), \frac{\delta}{2} r - 2\gamma)\), as \(c\) is at finite Hausdorff distance from the geodesic joining its endpoints. All the points in \(p\) are at distance at least \(\frac{\delta}{2} r + \gamma\) from \(c\). Let \(x_0 = a, x_1, \ldots, x_n = b\) be consecutive points on \(p\) dividing it into subarcs of length \(\frac{\delta}{2} r\) (except the last who might be shorter). For each of the points \(x_i\) let \(x'_i \in c\) be a point minimizing the distance to \(x_i\). Lemma 6.3 implies that \(\text{dist}(x'_i, x'_{i+1}) \leq D_0\) for every \(i\). For some \(\epsilon > 0\) and for all \(r\) sufficiently large we have \(\text{dist}(x'_0, x'_n) \geq \epsilon r\). Indeed if we would assume the contrary then there would exist a sequence of positive numbers \(r_n\) diverging to infinity such that \(q(-r_n)\) and \(q(r_n)\) have their respective nearest points \(u_n\) and \(v_n\) on \(c_n\), maximal subpath of \(q\) with endpoints in \(B(q(0), \frac{\delta}{2} r_n - 3\gamma)\), at distance \(\text{dist}(u_n, v_n)\) at most \(\frac{1}{r_n}\). Then in Cone_\omega(X, q(0), (r_n)) we obtain two points on the transversal line q_\omega separated by \(B(q_\omega(0), \frac{\delta}{2} r)\) but whose nearest point projections onto \(q_\omega \cap B(q_\omega(0), \frac{\delta}{2} r)\) coincide. This is impossible.

It follows that \(\epsilon r \leq nD_0\), whence \(n \geq \frac{\epsilon r}{D_0}\). It follows that the length of \(p\) is larger than \((n - 1)\frac{\delta}{2} r \geq \left(\frac{\epsilon r}{D_0} - 1\right)\frac{\delta}{2} r\). In other words the length of \(p\) is \(r^2\).

**Corollary 6.5.** Assume that a finitely generated group G acts on a CAT(0)-space X such that one (every) orbit map \(G \to X, g \mapsto gx\), is a quasi-isometric embedding and its image contains a Morse quasi-geodesic. Then the divergence \(\text{Div}^G \geq x^2\).
A phenomenon similar to that in Lemma 6.3 may occur in general in a metric space with a quasi-geodesic.

**Definition 6.6.** In a metric space $X$ a quasi-geodesic $q$ is called $D$–contracting (or simply contracting) if for every ball $B$ disjoint from $q$ the points in $q$ nearest to points in $B$ compose a set of diameter $D$.

The following result is immediate.

**Lemma 6.7.** Let $q$ be a contracting quasi-geodesic.

1. The divergence $\text{Div}^q \succeq x^2$,
2. The quasi-geodesic $q$ is Morse.

The following examples of contracting quasi-geodesics are known:

1. cyclic subgroups generated by pseudo-Anosov elements in mapping class groups with a word metric [Beh06];
2. orbits of fully irreducible elements in Outer Space [AK] [Ham09];
3. orbits of pseudo-Anosovs in the Teichmüller space with the Weil-Petersson metric [Beh06].

**Corollary 6.8.** Each of the following three metric spaces has quadratic divergence:

1. the mapping class group of a surface $S$ with $\xi(S) \geq 2$;
2. $\text{Out}(F_n)$ for $n \geq 3$;
3. the Teichmüller space with the Weil-Petersson metric for surfaces $S$ with complexity $3 \times \text{genus} + \#(\text{boundary components}) - 3$ at least 4, and $S$ is not the one-punctured surface of genus two.

Note that in [DR08] it is proved that the Teichmüller space with the Teichmüller metric has quadratic divergence, and an alternative proof of the quadratic divergence for the mapping class group is provided.

To sum up the relationship between divergence and existence of cut-points in asymptotic cones the following are known:

- if all asymptotic cones are without cut-points then the divergence is linear;
- if we assume that at least one asymptotic cone is without cut-points then examples were constructed by Olshanskii-Osin-Sapir of groups $G$ with divergence satisfying $\text{Div}^G(n) \leq Cn$ for a constant $C$ for all $n$ in an infinite subset of $\mathbb{N}$ and with $\text{Div}^G \preceq f(n)$ for any $f$ such that $\frac{f(n)}{n}$ non-decreasing; in particular $\text{Div}^G$ may be as close to linear as possible; but it is superlinear if one asymptotic cone has cut-points;
- if the space is $\text{CAT}(0)$ and all asymptotic cones have cut-points coming from the limit set of a Morse quasi-geodesic then the divergence is at least quadratic.

This raises the following natural question.

**Question 6.9.** If a $\text{CAT}(0)$ (quasi-homogeneous) metric space has cut-points in every asymptotic cone, must the divergence of that metric space be at least quadratic?

An affirmative answer to this question would be an immediately corollary of an affirmative answer to the following (which we expect would be more difficult to establish):
Questions and Propositions

**Question 6.10.** Does the existence of cut-points in every asymptotic cone of a \( \text{CAT}(0) \) quasi-homogeneous metric space imply the existence of a Morse quasi-geodesic?

7. Morse Elements and Length of the Shortest Conjugator

It is known that given a group \( G \) acting properly discontinuously and cocompactly on a \( \text{CAT}(0) \)-space, and two elements \( u, v \) that are conjugate in \( G \) there exists \( K > 0 \) depending on the choice of word metric in \( G \) such that \( v = gug^{-1} \) for some \( g \) with \( |g| \leq \exp(K(|u| + |v|)) \). As shown below, a similar estimate on the length of the shortest conjugator holds in a more general context of groups with some non-positively curved or hyperbolic geometry associated to them.

**7.1. The \( \text{CAT}(0) \) set-up.** A standard \( \text{CAT}(0) \) argument yields a bound on the length of the shortest conjugator of two axial Morse isometries \( u \) and \( v \) of a locally compact Hadamard space in terms of two parameters of the geometry of the action of both \( u \) and \( v \).

We define these parameters below.

1. Recall that given an axial isometry \( u \) of a \( \text{CAT}(0) \) space the set

\[
\text{Min}(u) = \{ x \in X \mid \text{dist}(x, ux) = \inf_{y \in X} \text{dist}(y, uy) \}
\]

is isometric to a set \( C \times \mathbb{R} \), where \( u \) acts as a translation with translation length \( t_u \) along each fiber \( \{c\} \times \mathbb{R} \) and \( C \) is a closed convex subset \( \text{BH99} \) Theorem 6.8, p. 231]. When the axial isometry is Morse, the set \( C \) is bounded, and we denote by \( D_u \) the diameter of the set \( C \times [0, t_u] \).

2. There exists \( \theta_u > 0 \) such that if \( x \) is a point outside \( N_1(\text{Min}(u)) \) and \( x' \) is its nearest point projection onto \( \text{Min}(u) \) then

\[
\text{dist}(x, ux) \geq \text{dist}(x', ux') + \theta_u \text{dist}(x, x').
\]

Indeed assume that on the contrary we have points \( x_n \) outside \( N_1(\text{Min}(u)) \) with projections \( x'_n \) such that \( \text{dist}(x_n, ux_n) \leq \text{dist}(x'_n, ux'_n) + \frac{1}{\theta_u} \text{dist}(x_n, x'_n) \).

By the convexity of the distance we may assume that all \( x_n \) are at distance 1 from \( \text{Min}(u) \) and by eventually applying powers of \( u \) we may assume that all \( x'_n \) are in the compact set \( C \times [0, t_u] \). Since \( X \) is locally compact the quadrangles of vertices \( x_n, x'_n, ux_n, ux'_n \) converge on a subsequence in the Hausdorff distance to a flat quadrangle \( a, a', ua', ua \) intersecting \( \text{Min}(u) \) in the edge \( [a', ua'] \) such that for every \( z \in [a, a'] \), \( \text{dist}(z, uz) = t_u \). This contradicts the definition of \( \text{Min}(u) \).

**Proposition 7.1.** Let \( X \) be a locally compact Hadamard space, let \( G \) be a group of isometries of \( X \) and let \( x_0 \) be a point in \( X \).

Let \( u \) and \( v \) be two Morse axial isometries of \( X \) that are conjugate in \( G \). Then there exists an element \( g \in G \) such that \( v = gug^{-1} \) and such that

\[
\text{dist}(x_0, gx_0) \leq \frac{1}{\theta_u} [\text{dist}(x_0, ux_0) + \text{dist}(x_0, vx_0)] + D_u + 2.
\]

In particular if the map \( g \mapsto gx_0 \) is a quasi-isometric embedding of \( G \) into \( X \) then \( \text{dist}_G(1, g) \leq A, B \text{dist}(1, u) + \text{dist}(1, v) \), where the constants \( A, B \) depend on the constants of the above isometries, on \( \theta_u \) and on \( D_u \).
Proof. Let \( y_0 \) be the nearest point projection of \( x_0 \) onto \( \text{Min}(u) \) and \( z_0 \) the nearest point projection of \( x_0 \) onto \( \text{Min}(v) \).

Let \( g \in G \) be such that \( v = gug^{-1} \). Then \( \text{Min}(v) = g\text{Min}(u) \), in particular \( g y_0 \in \text{Min}(v) \). By eventually replacing \( g \) with \( g^k \) for an appropriate \( k \in \mathbb{Z} \) one may assume that both \( z_0 \) and \( g y_0 \) are in the same isometric copy of \( C \times [0, t_u] \), hence within distance at most \( D_u \).

The distance \( \text{dist}(x_0, g x_0) \) is at most \( \text{dist}(x_0, z_0) + D_u + \text{dist}(y_0, x_0) \). On the other hand either \( \text{dist}(x_0, y_0) \leq 1 \) or \( \text{dist}(x_0, y_0) \leq \frac{1}{\theta_u} \text{dist}(x_0, u x_0) \). Similarly, either \( \text{dist}(x_0, z_0) \leq 1 \) or \( \text{dist}(x_0, z_0) \leq \frac{1}{\theta_u} \text{dist}(x_0, v x_0) \). Hence

\[
\text{dist}(x_0, g x_0) \leq \frac{1}{\theta_u} [\text{dist}(x_0, u x_0) + \text{dist}(x_0, v x_0)] + D_u + 2.
\]

When \( X \) is a Hadamard manifold the constant \( D_u \) equals \( t_u \) and it is controlled by \( \text{dist}(1, u) \) as well. The problem is to find a lower bound for \( \theta_u \) uniform for all Morse axial isometries \( u \). This is equivalent to the property of having “uniform negative curvature” in the neighborhood of all the periodic Morse geodesics.

7.2. Conjugators in groups acting acylindrically on trees. In this subsection we prove the following general result and then give an application to 3-manifolds.

**Theorem 7.2.** Let \( G \) be a group acting cocompactly and \( l \)-acylindrically on a simplicial tree \( T \). For every \( R > 0 \) and for a fixed word metric on \( G \) let \( f(R) \) denote the supremum of all diameters of intersections \( \text{stab}(a) \cap N_R(\text{stg}(b)) \), where \( a \) and \( b \) are vertices in \( T \) at distance at least \( l \), and \( g \in G \) is at distance \( \leq R \) from \( 1 \).

There exists a constant \( K \) such that if two loxodromic elements \( u, v \) are conjugate in \( G \) then there exists \( g \) conjugating \( u, v \) such that

\[
|g| \leq f(|u| + |v| + K) + |u| + |v| + 2K.
\]

**Proof.** Without loss of generality, by passing to a subtree if necessary, we assume that \( G \) acts without inversions of edges. Let \( D \) be a finite sub-tree of \( T \) (possibly without some endpoints) that is a fundamental domain for the action of \( G \) on \( T \) [Ser80, §3.1]. Let \( S \) be the fixed finite generating set defining the word metric on \( G \). For every \( s \in S \) and every vertex \( o \in D \) we consider \( g_1 = 1, g_2, ..., g_{m-1}, g_m = s \) in \( G \) such that \( o, g_1 \cdot o, g_2 \cdot o, ..., g_{m-1} \cdot o, s \cdot o \) are the consecutive intersections of \([o, s \cdot o] \) with \( G \cdot o \). We denote by \( V(s, o) \) the set of elements \( \{g_1, ..., g_m\} \).

Let \( u, v \) be two loxodromic elements in \( G \) such that \( v = g u g^{-1} \) for some \( g \in G \). The element \( u \) has a translation axis \( A_u \) in \( T \). Likewise \( v \) has an axis \( A_v \subset T \) and \( g A_u = A_v \). Our goal is to control \( |g|_S \) in terms of \( |u|_S + |v|_S \).

If \( D \) intersects \( A_u \) then take a vertex \( o \) in the intersection. If not, let \( p \) be the nearest point to \( D \) on \( A_u \) and consider the unique vertex \( o \in D \) and an element \( h \in G \) such that \( p = h o \).

For each \( g \in G \) we write \( \pi(g) \) to denote \( g \cdot o \). Also for every geodesic \( [a, b] \) in the Cayley graph of \( G \), with consecutive vertices \( g_1 = a, g_2, ..., g_m = b \) we denote by \( \pi(a, b) \) the path in the tree \( T \) composed by concatenation of the consecutive geodesics \( [g_1 o, g_2 o], ..., [g_{m-1} o, g_m o] \).

**Lemma 7.3.** For every \( R \geq 0 \) and every pair of vertices \( a, b \) in the orbit \( G \cdot o \) with \( \text{dist}(a, b) \geq l \) the set \( V_{a, b} \) of elements \( g \in \pi^{-1}(a) \) such that \( \text{dist}(g, \pi^{-1}(b)) \leq R \), if non-empty, has diameter at most \( f(R) \).
Proof. Without loss of generality we may assume that \( a = o \), hence \( \pi^{-1}(a) = \text{stab}(o) \), and that there exists \( g \) in \( \text{stab}(o) \) at distance at most \( R \) from \( \pi^{-1}(b) \).
Without loss of generality we may assume that \( g = 1 \). The set \( \pi^{-1}(b) \) can then be written as \( \text{hstab}(o) \), where \( h \in B(1, R) \), \( h \cdot a = b \).

Every \( g \in V_o b \) is then in \( \text{stab}(o) \) and in \( N_R(\text{hstab}(b)) \). It follows from the hypothesis that the diameter of \( V_o b \) is at most \( f(R) \).

Consider the geodesic \([1, u^m]\), for some fixed large enough power \( m \). Its image by \( \pi \) covers the geodesic \([o, u^m o]\). The latter geodesic contains the two points \( h o \) and \( u^m h o \). Then \([g o, g u^m o]\) intersects \( A_v \) in \([g h o, g u^m h o]\), which can also be written as \([k o, v^m k o]\) for \( k = g h \).

Likewise, the image under \( \pi \) of the geodesic \([1, v^m]\) contains the geodesic \([o, v^m o]\) in \( T \), and the latter geodesic contains a sub-geodesic of \( A_v \) of the form \([r o, v^{m-1} r o]\), with \( r = v^i k o \) for some \( i \in \mathbb{Z} \). By possibly post-composing \( g \) with \( v^i \) we may assume that \( k o \) and \( r o \) coincide. If \( m \geq l + 1 \) then \([r o, v^{m-1} r o]\) is of length at least \( l \). This implies that the geodesic \([1, v]\) in the Cayley graph contains two pairs of consecutive vertices \( v_1, v_1' \) and \( v_2, v_2' \) such that \( r o \in [v_1 o, v_1' o] \) and \( v^{m-1} r o \in [v_2 o, v_2' o] \).

Likewise \([1, u]\) contains two pairs of consecutive vertices \( u_1, u_1' \) and \( u_2, u_2' \) such that \( h o \in [u_1 o, u_1' o] \) and \( u^{m-1} h o \in [u_2 o, u_2' o] \). We thus have that \( r o = v_1 x_1 o = g u_1 x_1' o \), where \( x_1 \in V(v_1^{-1} v_1' o) \) and \( x_1' \in V(u_1^{-1} u_1' o) \); and that \( v^{m-1} r o = v_2 x_2 o = g u_2 x_2' o \), where \( x_2 \in V(v_2^{-1} v_2' o) \) and \( x_2' \in V(u_2^{-1} u_2' o) \).

We denote by \( M \) the maximum of all the \(|x|_S \) for all \( x \) in all sets of the form \( V(a, s) \) for a vertex \( a \in D \) and \( s \in S \). The above implies that both \( v_1 x_1 \) and \( g u_1 x_1' \) are in \( \pi^{-1}(r o) \) and at distance at most \(|u| + |v| + M \) from \( \pi^{-1}(v^{m-1} r o) \).

Lemma 2 implies that \( v_1 \) and \( g u_1 \) are within distance at most \( f(|u| + |v| + M) + 2M \). It follows that

\[
|g| \leq |v| + f(|u| + |v| + M) + |u| + 2M .
\]

The above general results imply in particular a linear control of the shortest conjugator for Morse geodesics in (non-geometric) 3–manifolds.

Corollary 7.4. Let \( M \) be a non-geometric prime 3-dimensional manifold and let \( G \) be its fundamental group.

For every word metric on \( G \) there exists a constant \( K \) such that if two Morse elements \( u, v \) are conjugate in \( G \) then there exist \( g \) conjugating \( u, v \) such that

\[
|g| \leq K(|u| + |v|) .
\]

Proof. Since \( M \) is non-geometric, it can be cut along tori and Klein bottles into finitely many geometric components that are either Seifert or hyperbolic. We will apply Theorem 7.2 by considering the Bass-Serre tree \( T \) associated to the geometric splitting of \( M \) described before and recalling that two elements in \( \pi_1(M) \) are Morse if and only if they are either loxodromic elements for the action on \( T \) or both contained in a hyperbolic component of \( M/\pi_1(M) \).

The following proposition of Kapovich–Leeb, combined with the fact that for every non-geometric prime 3-dimensional manifold \( M \) there exists a non-positively curved such manifold \( N \), and a biLipschitz homeomorphism between the universal covers \( \tilde{M} \) and \( \tilde{N} \) preserving the components [KL98, Theorem 1.1] implies that for \( l \geq 3 \) the function \( f(R) \) defined in Theorem 7.2 is of the form \( 2R + \kappa \).
Proposition 7.5 ([KL97]). Let \(M\) be a non-geometric prime 3-dimensional manifold admitting a non-positively curved Riemannian metric. There exists a constant \(\kappa > 0\) dependent only on \(M\) such that given two geometric components \(C, C'\) of \(M\) separated by two flats, the nearest point projection of \(C'\) onto \(C\) has diameter at most \(\kappa\).

This settles the case when both \(u\) and \(v\) are loxodromic elements.

Assume now that \(u\) and \(v\) both stabilize hyperbolic components. Assume that we have fixed a basepoint \(x_0\) in the universal cover \(\hat{M}\). The map \(g \mapsto gx_0\) is a quasi-isometry with fixed constants depending only on the given word metric on \(G\). Assume that \(u\) stabilizes the hyperbolic component \(H \subseteq \hat{M}\) and that it acts on this component as a loxodromic element. We see \(H\) as a subset of \(\mathbb{H}^3\). Let \(A_u\) be the geodesic axis in \(\mathbb{H}^3\) on which \(u\) acts by translation, denote the translation length by \(t\). Note that every segment of length \(t\) on \(A_u\) intersects \(H\). We denote by \(\text{Sat}(A_u)\) the set obtained from \(A_u\) by replacing its intersections with the open horoballs that compose \(\mathbb{H}^3 \setminus H\), with the corresponding boundary horospheres.

The element \(v = gug^{-1}\) stabilizes a hyperbolic component \(H' = gH \subseteq \hat{M}\), and there exists a geodesic axis \(A_v = gA_u\) in \(\mathbb{H}^3 \supset H'\) such that \(v\) acts on this axis by translation with translation length \(t\). We define \(\text{Sat}(A_v)\) similarly.

Let \(x_0'\) be the nearest point projection of \(x_0\) on \(H\), let \(y_0'\) be the nearest point projection of \(x_0'\) onto \(A_u\) and let \(y_0 \in \text{Sat}(A_u)\) be either the intersection point of \([x_0', y_0']\) with a boundary horosphere if \(y_0'\) is in \(\mathbb{H}^3 \setminus H\), or equal to \(y_0'\) if this latter point is in \(H\). Note that \(ux_0'\) will be on a different boundary horosphere than \(x_0'\), and the same for \(uy_0\) and \(y_0\), if \(y_0\) is on a boundary horosphere. According to \([DS05, \text{Lemma 4.26}]\), the geodesic \(g_{y_0, uy_0}\) joining \(y_0\) to \(uy_0\) is contained in a \(\delta\)-neighborhood of \(\text{Sat}(A_u)\), moreover due to the fact that every segment of length \(t\) on \(A_u\) intersects \(H\), it follows that \(g_{y_0, uy_0}\) intersects the \(\delta\)-neighborhood of \(A_u\).

Due to the fact that the metric space \(\hat{M}\) is hyperbolic relative to the connected components of \(\hat{M} \setminus \text{Interior}(H)\), it follows that the concatenation of the geodesics \([x_0, x_0'], [x_0', y_0], g_{y_0, uy_0}, [uy_0, ux_0', ux_0]\) composes an \((L, C)\)-quasi-geodesic, with \(L \geq 1\) and \(C \geq 0\) depending only on \(M\) \([DS05, \text{Lemma 8.12}]\). We denote this quasi-geodesic \(q_{x_0, ux_0}\). We construct in a similar manner an \((L, C)\)-quasi-geodesic \(q_{x_0, vx_0}\) joining \(x_0\) and \(vx_0\) and containing in its \(\delta\)-neighborhood a sub-segment of the axis \(A_v\). Note that the \((L, C)\)-quasi-geodesic \(gq_{x_0, vx_0}\) joining \(gx_0, gux_0\) contains in its \(\delta\)-neighborhood another sub-segment of \(A_u\). By pre-composing \(g\) with a power of \(v\) and possibly replacing \(u, v\) by large enough powers, we may assume that the two sub-segments of \(A_u\) mentioned above are the same. In particular the \(\delta\)-neighborhoods of \(q_{x_0, vx_0}\) and of \(gq_{x_0, vx_0}\) intersect. It follows that

\[\text{dist}(x_0, gx_0) \leq \text{dist}(x_0, vx_0) + \text{dist}(x_0, ux_0)\.

\[\square\]

Corollary 7.6. Let \(M\) be a 3-dimensional prime manifold, and let \(G\) be its fundamental group.

For every word metric on \(G\) there exists a constant \(K\) such that if two elements \(u, v\) are conjugate in \(G\) then there exist \(g\) conjugating \(u, v\) such that

\[|g| \leq K(|u| + |v|)^2.

Proof. Assume first that \(M\) is non-geometric, hence decomposable by tori and Klein bottles into hyperbolic and Seifert components. The only case not covered
by Corollary 7.4 is when both $u$ and $v$ stabilize a Seifert component, i.e., are contained in two groups which are virtually $\mathbb{Z} \times F_n$. In this case one can easily find a conjugator of quadratic length.

When $M$ is a geometric nilmanifold, i.e., when $\pi_1(M)$ is 2–step nilpotent the quadratic upper bound for a conjugator length is proved in [JOR10, Proposition 2.1.1].

When $M$ is a geometric solmanifold, the linear upper bound for a conjugator length is proved in [Sal].

The other geometric cases are easy.

7.3. Conjugators in mapping class groups. In what follows $S$ denotes a compact oriented surface of genus $g$ and with $p$ boundary components and $\xi(S) = 3g + p – 3$ denotes the complexity of the surface.

We prove linear control of the shortest conjugator of infinite order elements in the mapping class group by providing a new proof of the following result which was established by Masur–Minsky [MM00, Theorem 7.2] in the pseudo-Anosov case and by J. Tao [Tao11, Theorem B] in the reducible case.

Theorem 7.7. There exists a constant $C$ depending only on the surface $S$ and the fixed generating set of $\text{MCG}(S)$ such that for every two conjugate elements of infinite order $u$ and $v$ there exists $g$ such that $v = gug^{-1}$ and

$$|g| \leq C(|u| + |v|).$$

It is worth noting that the mapping class group is not $\text{CAT}(0)$, c.f., [KL96] or [BH99]. Nevertheless, there exists a natural analogue of the inequality (iv) from the $\text{CAT}(0)$ setting which holds here; this will be explained further in the proof below.

Background. We will use a quasi-isometric model of a mapping class group, the marking complex, $\mathcal{M}(S)$, defined as follows. Its vertices, called markings, consist of the following pair of data:

- **base curves**: a multicurve consisting of $\xi(S)$ components, i.e. a maximal simplex in $C(S)$. This collection is denoted base($\mu$).
- **transversal curves**: to each curve $\gamma \in$ base($\mu$) is associated an essential curve. Letting $T$ denote the complexity 1 component of $S \setminus \bigcup_{\alpha \in \text{base}(\mu), \alpha \neq \gamma} \alpha$, the transversal curve to $\gamma$ is a curve $t(\gamma) \in C(T)$ with $\text{dist}_{C(T)}(\gamma, t(\gamma)) = 1$.

Two vertices $\mu, \nu$ in the marking complex $\mathcal{M}(S)$ are connected by an edge if either of the two conditions hold:

1. **Twists**: $\mu$ and $\nu$ differ by a Dehn twist along one of the base curves: base($\mu$) = base($\nu$) and all their transversal curves agree except for $t_{\mu}(\gamma)$, obtained from $t_{\nu}(\gamma)$ by twisting once about the curve $\gamma$.

2. **Flips**: The base curves and transversal curves of $\mu$ and $\nu$ agree except for one pair $(\gamma, t(\gamma)) \in \mu$ for which the corresponding pair in $\nu$ consists of the same pair but with the roles of base and transversal reversed.

Note that after performing one flip the new base curve may now intersect several other transversal curves. Nevertheless by [MM00 Lemma 2.4], there is a finite set of natural ways to resolve this issue which, in turn, yields a uniformly bounded on the diameter of possible markings which can be obtained by flipping the pair $(\gamma, t(\gamma)) \in \mu$; an edge connects each of these possible flips to $\mu$. 
Theorem 7.8 (MM00). The graph $\mathcal{M}(S)$ is locally finite and the mapping class group acts cocompactly and properly discontinuously on it. In particular, the orbit map yields a quasi-isometry from $\text{MCG}(S)$ to $\mathcal{M}(S)$.

Given a simplex $\Delta$ in the curve complex $\mathcal{C}(S)$, we define $\mathcal{Q}(\Delta)$ to be the set of elements of $\mathcal{M}(S)$ whose bases contain $\Delta$. We recall that there is a coarsely defined closest point projection map from $\mathcal{M}(S)$ to $\mathcal{Q}(\Delta)$ which is coarsely Lipschitz.

Proof of Theorem 7.7. We assume that $S$ is a surface with $\xi(S) > 1$, otherwise the mapping class group is hyperbolic and the result is standard. We make use of two cocompact actions of $\text{MCG}(S)$: the above mentioned properly discontinuous action on the marking complex $\mathcal{M}(S)$ and an action far from properly discontinuous on the curve complex $\mathcal{C}(S)$. Neither of the two complexes $\mathcal{C}(S)$ nor $\mathcal{M}(S)$ are $\text{CAT}(0)$.

We begin with the case of two conjugate pseudo-Anosov elements. Our goal is to find a natural analogue of the inequality (\ref{eq:quasi}) from the $\text{CAT}(0)$ setting. The difficulty is that a pseudo-Anosov element is loxodromic with a translation axis in $\mathcal{C}(S)$, which makes it hard to find an appropriate definition of a projection of an element in $\mathcal{M}(S)$ to it.

Let $k$ be a pseudo-Anosov. According to [Bow08, Theorem 1.4], there exists $m = m(S)$ such that $k^m$ preserves a bi-infinite geodesic $g_k$ in $\mathcal{C}(S)$. For every curve $\gamma$ denote by $\gamma'$ a closest point to it on $g_k$. Let $\hat{k} = k^m$. A standard hyperbolic geometry argument implies that for every $i \geq 1$

\begin{equation}
\text{dist}_{\mathcal{C}(S)}(\gamma, \hat{k}^i \gamma) \geq \text{dist}_{\mathcal{C}(S)}(\gamma', \hat{k}^i \gamma') + O(1) \geq i + O(1).
\end{equation}

Let $\mu$ be an arbitrary element in $\mathcal{M}(S)$ and let $\gamma$ be a closest point to $\pi_{\mathcal{C}(S)}(\mu)$ on $g_k$. A hierarchy path $h$ joining $\mu$ and $\hat{k} \mu$ contains two points $\nu, \nu'$ such that:

- the subpath with endpoints $\mu, \nu$ is at $\mathcal{C}(S)$–distance $O(1)$ from any $\mathcal{C}(S)$–geodesic joining $\pi_{\mathcal{C}(S)}(\mu)$ and $\gamma$;

- the subpath with endpoints $\hat{k} \mu, \nu'$ is at $\mathcal{C}(S)$–distance $O(1)$ from any $\mathcal{C}(S)$–geodesic joining $\pi_{\mathcal{C}(S)}(\hat{k} \mu)$ and $\hat{k} \gamma$;

- if the translation length of $\hat{k}$ along $g_k$ is large enough then the subpath with endpoints $\nu, \nu'$ is at $\mathcal{C}(S)$–distance $O(1)$ from $g_k$;

- $\text{dist}_{\mathcal{C}(S)}(\nu', \hat{k} \nu) = O(1)$.

Note that by equation (\ref{eq:quasi}) there exists an integer $N = N(S)$ such that for every pseudo-Anosov $k$ the power $k^N$ preserves a bi-infinite geodesic $g_k$ in $\mathcal{C}(S)$, and every subpath with endpoints $\nu, \nu'$ defined as above is at $\mathcal{C}(S)$–distance $O(1)$ from $g_k$.

The group $\text{MCG}(S)$ acts co-compactly on $\mathcal{M}(S)$, therefore there exists a compact subset $K$ of $\mathcal{M}(S)$ such that $\text{MCG}(S) \cdot K = \mathcal{M}(S)$. We pick a basepoint $\mu_0$ in $K$. The map $\text{MCG}(S) \to \mathcal{M}(S)$, $g \mapsto g \mu_0$ is a quasi-isometry, by Theorem 7.8.

Let $u$ and $v$ be an arbitrary pair of pseudo-Anosovs for which there exists $g \in \text{MCG}(S)$ such that $v = g u g^{-1}$. Our goal is to prove that for an appropriate choice of $g$, $\text{dist}(\mu_0, g \mu_0)$ is controlled by a linear function of $\text{dist}(\mu_0, u \mu_0) + \text{dist}(\mu_0, v \mu_0)$.

If $g_u$ and $g_v$ are axes in $\mathcal{C}(S)$ defined as above then $g_u = g g_u$. Up to replacing $u$ and $v$ by their $N$-th powers, we may assume that both preserve their respective axes $g_u$ and $g_v$, and every subpath with endpoints $\nu, \nu'$ defined as above is at $\mathcal{C}(S)$–distance $O(1)$ from $g_u$, respectively $g_v$. 

Let \( h \) be a hierarchy path joining \( \mu_0 \) and \( u\mu_0 \) and let \( v \) and \( v' \) be two points on it defined as above. Then \( gh \) is a hierarchy path joining \( g\mu_0 \) and \( gu\mu_0 = v\mu_0 \) and \( gv, gv' \) satisfy similar properties for the path \( gh \), the pseudo-Anosov \( v \) and its axis \( g_v = gh \).

Now let \( f \) be a hierarchy path joining \( \mu_0 \) and \( u\mu_0 \) and let \( \xi \) and \( \xi' \) be the two points on it defined as above.

By eventually replacing \( g \) with \( v^k g \), for an appropriate \( k \in \mathbb{Z} \), we may assume that \( gv \) and \( \xi \) are at \( \mathcal{C}(S) \) distance at most \( t_v + O(1) \), where \( t_v \) is the translation length of \( v \) along \( g_v \). There are two cases to discuss. In order to define the necessary parameters, recall the following result.

**Theorem 7.9** (Masur–Minsky; [MM00]). If \( \mu, \nu \in \mathcal{M}(S) \), then there exists a constant \( K(S) \), depending only on \( S \), such that for each \( K > K(S) \) there exists \( a \geq 1 \) and \( b \geq 0 \) for which:

\[
\text{(vi)} \quad \text{dist}_{\mathcal{M}(S)}(\mu, \nu) \approx_{a, b} \sum_{Y \subseteq S} \left\{ \text{dist}_{\mathcal{C}(Y)}(\pi_Y(\mu), \pi_Y(\nu)) \right\} K.
\]

In particular this implies that there exists \( \kappa > 0 \) and \( A, B \) depending only on \( S \) such that if \( \text{dist}_{\mathcal{M}(S)}(\mu, \nu) \geq \kappa \text{dist}_{\mathcal{C}(S)}(\mu, \nu) \) then

\[
\text{(vii)} \quad \text{dist}_{\mathcal{M}(S)}(\mu, \nu) \approx_{A, B} \sum_{Y \subseteq S} \left\{ \text{dist}_{\mathcal{C}(Y)}(\pi_Y(\mu), \pi_Y(\nu)) \right\} K.
\]

In the formulas above we use the following notation. For two numbers \( d \geq 0 \) and \( K \geq 0 \), \( \{d\}_K \) is equal to \( d \) if \( d \geq K \), and it is zero otherwise.

The subsurfaces that appear in [vii] for a given pair \( \mu, \nu \) and a given constant \( K > K(S) \) are called \( K \)-large domains of that pair. The proper subsurfaces are called \( K \)-large proper domains. We omit \( K \) when irrelevant.

**Case 1.** Assume that \( \text{dist}_{\mathcal{M}(S)}(\mu_0, g\mu_0) \leq \kappa \text{dist}_{\mathcal{C}(S)}(\mu_0, g\mu_0) \).

Note that \( \text{dist}_{\mathcal{C}(S)}(\mu_0, g\mu_0) \leq \text{dist}_{\mathcal{C}(S)}(\mu_0, \xi) + \text{dist}_{\mathcal{C}(S)}(\mu_0, \nu) + t_v + O(1) \leq 2\text{dist}_{\mathcal{C}(S)}(\mu_0, \nu_0) + \text{dist}_{\mathcal{C}(S)}(\mu_0, u\mu_0) + O(1) \), which implies that \( \text{dist}_{\mathcal{M}(S)}(\mu_0, g\mu_0) \leq A', B' \)

\( \text{dist}(\mu_0, u\mu_0) + (\mu_0, v\mu_0) \), where \( A', B' \) depend on \( \kappa, a, b \) and \( K \) from Theorem 7.9.

**Case 2.** Assume that \( \text{dist}_{\mathcal{M}(S)}(\mu_0, g\mu_0) \geq \kappa \text{dist}_{\mathcal{C}(S)}(\mu_0, g\mu_0) \).

This together with equation [vii] then implies:

\[
\text{(viii)} \quad \text{dist}_{\mathcal{M}(S)}(\mu_0, g\mu_0) \approx_{A, B} \sum_{Y \subseteq S} \left\{ \text{dist}_{\mathcal{C}(Y)}(\pi_Y(\mu_0), \pi_Y(g\mu_0)) \right\} K.
\]

Recall that the point nearest to \( \pi_{\mathcal{C}(S)}(\mu_0) \) on the axis \( g_v \) is at \( \mathcal{C}(S) \)-distance \( O(1) \) from \( \xi \) (actually, this may not be a point, but since \( \mathcal{C}(S) \) is hyperbolic the set of closest points form a bounded diameter; hence we abuse notation slightly, as this set is coarsely a point). Likewise the point nearest to \( \pi_{\mathcal{C}(S)}(g\mu_0) \) on \( g_v \) is at \( \mathcal{C}(S) \)-distance \( O(1) \) from \( g\nu \) and at distance \( t_v + O(1) \) from \( \xi \). Every proper subsurface \( Y \) appearing in the sum [viii] has the property that every hierarchy path joining \( \mu_0 \) to \( g\mu_0 \) intersects \( Q(\partial Y) \). Hence \( \partial Y \) is at \( \mathcal{C}(S) \)-distance \( O(1) \) from the union of two geodesics in \( \mathcal{C}(S) \) joining \( \pi_{\mathcal{C}(S)}(\mu_0) \) respectively \( \pi_{\mathcal{C}(S)}(g\mu_0) \) to their nearest points on \( g_v \), with the arc of \( g_v \) with endpoints these two nearest points. It follows that a nearest point to \( \pi_{\mathcal{C}(S)}(\partial Y) \) on the axis \( g_v \) is at \( \mathcal{C}(S) \)-distance at most \( t_v + O(1) \) from \( \xi \).
The analogue of equation (viii) is also satisfied by \(v\mu_0\) and \(vg_\mu_0 = gu\mu_0\). In particular for every proper subsurface \(Y\) appearing in that formula, a nearest point to \(\pi_{C(S)}(\partial Y)\) on the axis \(g_\mu\) is at \(C(S)\)-distance at most \(t_0 + O(1)\) from \(v\xi\). Then by replacing both \(u\) and \(v\) with their \(J\)-th power, for some \(J = J(S)\) and arguing with the corresponding hierarchy paths \(h\) joining \(\mu_0, u^J(\mu_0)\), respectively \(\mu_0, v^J(\mu_0)\), we may assume that the pairs \(\mu_0, g\mu_0\) and respectively \(v\mu_0, vg\mu_0\) have no large proper domain in common.

It follows that for every large proper domain \(Y\) of the pair \(\mu_0, g\mu_0\),
\[
\text{dist}_{C(Y)}(\pi_Y(\mu_0), \pi_Y(g\mu_0)) \leq \text{dist}_{C(Y)}(\pi_Y(\mu_0), \pi_Y(v\mu_0)) + \text{dist}_{C(Y)}(\pi_Y(g\mu_0), \pi_Y(vg\mu_0)) + K.
\]

In particular for \(K > K(S)\), where \(K(S)\) is the constant from Theorem 7.10 if we consider \(Y\) a \(3K\)-large proper domain for the pair \(\mu_0, g\mu_0\), it must be a \(K\)-large proper domain either for \(\mu_0, v\mu_0\) or for \(g\mu_0, vg\mu_0\) or for both pairs. We may then write that
\[
\sum_{Y \subseteq S} \left\{ \text{dist}_{C(Y)}(\pi_Y(\mu_0), \pi_Y(g\mu_0)) \right\}_{3K} \leq 3 \sum_{Y \subseteq S} \left\{ \text{dist}_{C(Y)}(\pi_Y(\mu_0), \pi_Y(v\mu_0)) \right\}_K + 3 \sum_{Y \subseteq S} \left\{ \text{dist}_{C(Y)}(\pi_Y(g\mu_0), \pi_Y(vg\mu_0)) \right\}_K
\]
whence
\[
\text{dist}_{M(S)}(\mu_0, g\mu_0) \leq A_\nu B_\nu \text{dist}_{M(S)}(\mu_0, v\mu_0) + \text{dist}_{M(S)}(\mu_0, u\mu_0).
\]

This completes the proof of Theorem 7.10 for pairs of pseudo-Anosov elements. We now proceed to the full proof of Theorem 7.10.

**Proof.** Let \(u, v \in M\). By replacing \(u, v\) with sufficiently high powers \(u^N, v^N\), where \(N = N(S)\), we may assume that the two elements are pure.

**Lemma 7.10.** Let \(\nu\) and \(\rho\) be two points in \(M(S)\), let \(\Delta\) be a multicurve, and let \(\nu', \rho'\) be respective nearest point projections of \(\nu, \rho\) on \(\mathcal{Q}(\Delta)\). Assume there exist \(U_1, ..., U_k\) subsurfaces such that \(\Delta = \partial U_1 \cup ... \cup \partial U_k\), and \(\text{dist}_{C(U_i)}(\nu, \rho) > M\) for every \(i = 1, ..., k\), where \(M = M(S)\) is a large enough constant.

Then for every \(h_1, h_2\) and \(h_3\) hierarchy paths joining \(\nu, \nu'\) respectively \(\nu', \rho'\) and \(\rho', \rho\), the path \(h_1 \cup h_2 \cup h_3\) has length \(\approx_{a, b} \text{dist}_{M(S)}(\nu, \rho)\), where \(a, b\) depend only on the topological type of \(\Delta\).

**Proof.** This follows by a limiting argument from [BDS, Lemma 4.27] and [BDS, Theorem 4.16].

Let \(\Delta_u\) be a multicurve such that if \(U^1, ..., U^m\) are the connected components of \(S \setminus \Delta_u\) and the annuli with core curve in \(\Delta_u\) then \(u\) is a pseudo-Anosov on \(U^1, ..., U^k\) (Dehn twists are assumed to be pseudo-Anosovs on annuli) and the identity map on \(U^{k+1}, ..., U^m\), and \(\Delta_u = \partial U^1 \cup ... \cup \partial U^k\) (the latter condition may be achieved by deleting the boundary between two components on which \(u\) acts as identity). Similarly, for \(v\) we consider the multicurve \(\Delta_v\) and \(V^1, ..., V^m\).

Then \(g\Delta_u = \Delta_u\) and \(gU_i = V_i\), up to reordering \(V^1, ..., V^m\).

Let \(\nu\) and \(\xi\) be nearest point projections of \(\mu_0\) onto \(\mathcal{Q}(\Delta_u)\) and respectively \(\mathcal{Q}(\Delta_v)\). By eventually replacing \(u, v\) with large enough powers we may assume that Lemma 7.10 applies to the pairs \(\mu_0, u\mu_0\) and \(\mu_0, v\mu_0\), respectively.

Like for pseudo-Anosovs, we have two cases.
Case 1. Assume that
\[
\text{dist}_{\mathcal{M}(S)}(\mu_0, g\mu_0) \approx_{A,B} \sum_{Y \subseteq S, Y \neq \Delta_u} \left\{ \text{dist}_{\mathcal{C}(Y)}(\pi_Y(\mu_0), \pi_Y(g\mu_0)) \right\}_K.
\]

Then the same relation is true for \(v\mu_0, vg\mu_0\). By eventually replacing \(v\) by a power of itself we may assume that the set of proper domains appearing in the sum above is disjoint from the corresponding set of proper domains for \(v\mu_0, vg\mu_0\). It follows that all the large proper domains for the pair \(\mu_0, g\mu_0\) are large proper domains either for \(\mu_0, v\mu_0\) or for \(g\mu_0, vg\mu_0 = g\mu_0\).

We discuss the case of the whole surface \(S\) separately. Consider a tight geodesic \(g_u\) in \(\mathcal{C}(S)\) joining \(\pi_{\mathcal{C}(S)}(\mu_0)\) to \(\Delta_u\). We state that by replacing \(u\) with a large enough power we may ensure that points on \(ug_u\) at \(\delta\)-distance from \(g_u\) are at distance at most \(D\) from \(\Delta_u\), for some \(D > 0\), where \(\delta > 0\) is the hyperbolicity constant of \(\mathcal{C}(S)\). Indeed assume that there exists a point \(a\) on \(g_u\) at distance at least \(D\) from \(\Delta_u\) such that \(B(a, \delta)\) intersects \(u^i g_u\) for \(i \in \{1, 2, ..., N\}\). This in particular implies that \(\text{dist}_{\mathcal{C}(S)}(a, u^i a) \leq 2\delta\).

Let \(b\) be the point on \(g_u\) at distance \(\frac{D}{2}\) from \(\Delta_u\). By the above, every \(u^i b\) is in \(B(b, 2\delta)\). On the other hand, by [Bow08, Theorems 1.1 and 1.2] if \(D \geq D_0(S, \delta)\) then there exists \(m = m(S, \delta)\) such that \(B(b, 2\delta)\) contains at most \(m\) points from the union of tight geodesics \(g_u \cup \bigcup_{j=1}^N u^i g_u\). It follows in particular that if \(N = m + 1\) then there exist \(i < j\) such that \(u^ib = u^j b\), hence \(u^{-i}b = b\). But, for \(D\) large enough \(b\) together with any curve from \(\Delta_u\) fills the surface, hence it cannot be fixed by a power of \(u\). We obtained a contradiction. Thus we conclude that there exists \(k \leq N = N(S, \delta)\) such that the intersection of the \(\delta\)-neighborhood of \(g_u\) with the \(\delta\)-neighborhood of \(u^k g_u\) is contained in the \(D\)-neighborhood of \(\Delta_u\).

Likewise we argue that given a tight geodesic \(g_v\) in \(\mathcal{C}(S)\) joining \(\pi_{\mathcal{C}(S)}(\mu_0)\) to \(\Delta_v\) there exists \(r \leq N\) such that the intersection of the \(\delta\)-neighborhood of \(g_v\) with the \(\delta\)-neighborhood of \(u^r g_v\) is contained in the \(D\)-neighborhood of \(\Delta_v\). We deduce that \(\text{dist}_{\mathcal{C}(S)}(\mu_0, \Delta_u) \leq \text{dist}_{\mathcal{C}(S)}(\mu_0, u^k \mu_0) + O(1) \leq k \text{dist}_{\mathcal{C}(S)}(\mu_0, u^k \mu_0) + O(1)\) and that \(\text{dist}_{\mathcal{C}(S)}(\mu_0, \Delta_v) \leq r \text{dist}_{\mathcal{C}(S)}(\mu_0, u^r \mu_0) + O(1)\). Then \(\text{dist}_{\mathcal{C}(S)}(\mu_0, g\mu_0) \leq \text{dist}_{\mathcal{C}(S)}(\mu_0, \Delta_u) + \text{dist}_{\mathcal{C}(S)}(\Delta_v, g\mu_0) \leq N[\text{dist}_{\mathcal{C}(S)}(\mu_0, v\mu_0) + \text{dist}_{\mathcal{C}(S)}(\mu_0, u^k \mu_0)] + O(1)\).

Case 2. Assume that
\[
\text{dist}_{\mathcal{M}(S)}(\mu_0, g\mu_0) \approx_{A,B} \sum_{Y \subseteq S, Y \neq \Delta_u} \left\{ \text{dist}_{\mathcal{C}(Y)}(\pi_Y(\mu_0), \pi_Y(g\mu_0)) \right\}_K.
\]

In other words \(\text{dist}_{\mathcal{M}(S)}(\mu_0, g\mu_0) \approx_{A', B'} \text{dist}_{\mathcal{M}(S)}(\xi, g\nu)\). Note that it suffices to bound \(\text{dist}_{\mathcal{M}(S)}(\xi, g\nu)\) by a multiple of \(\text{dist}_{\mathcal{M}(S)}(\xi, v\xi) + \text{dist}_{\mathcal{M}(S)}(g\nu, vg\nu)\). Up to replacing \(g\) by \(z\) for some element in the centralizer of \(v\) we may assume that \(\xi\) and \(g\nu\) have projections on \(\mathcal{M}(U^j)\), \(k + 1 \leq j \leq m\), at bounded distance. Thus any large domain \(Y\) for \(\xi, g\nu\) must satisfy \(Y \subseteq U^j\) for some \(j \in \{1, 2, ..., k\}\).

For every \(j \in \{1, 2, ..., k\}\) recall that \(v\) restricted to \(V^j\) coincides with a pseudo-Anosov \(v_j\). We use the same notation \(v_j\) to denote the mapping class that acts as \(v_j\) on \(V^j\) and as identity on \(S \setminus V^j\). A hierarchy path joining \(\xi\) to \(g\nu\) projects onto a quasi-geodesic \(q_j\) in \(\mathcal{C}(V^j)\) containing in a tubular neighborhood of radius \(O(1)\) all the multicurves \(\partial Y\) where \(Y \subseteq V^j\) is a large domain for \(\xi\) and \(g\nu\). By eventually pre-composing \(g\) with a power of \(v_j\) (hence with an element in the centralizer of \(v_j\)), we may assume that the sub-arc of \(q_j\) contained in a \(O(1)\)-tubular neighborhood of the translation axis of \(v_j\) has length \(\leq t_{v_j}\), where \(t_{v_j}\) is the translation length of \(v_j\).
Then, by eventually replacing $v$ with a large enough power, we may assume that the set of large domains for $\xi, gv$ that are proper sub-surfaces of $V^j$ has nothing in common with the set of large domains for $v\xi, vgv$ that are proper sub-surfaces of $V^j$. Hence they are all large domains either for $\xi, v\xi$ or for $g\nu, vg\nu$. If $U^j$ is a large domain itself for $\xi, g\nu$ then by arguing as in the pseudo-Anosov case (and noting that the copy of $Z_k$ generated by the pseudo-Anosov components $v_j$ is in the centralizer of $v$) we may prove that, by eventually post-composing $g$ with an element in the centralizer of $v$, we may ensure that $\text{dist}_{C(U^j)}(\xi, g\nu) \leq \text{dist}_{C(U^j)}(\xi, v\xi) + \text{dist}_{C(U^j)}(g\nu, vg\nu)$.

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