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# A quantitative version of the Morse lemma and quasi-isometries fixing the ideal boundary

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## Abstract

The Morse lemma is fundamental in hyperbolic group theory. Using exponential contraction, we establish an upper bound for the Morse lemma that is optimal up to multiplicative constants, which we demonstrate by presenting a concrete example. We also prove an “anti” version of the Morse lemma. We introduce the notion of a geodesically rich space and consider applications of these results to the displacement of points under quasi-isometries that fix the ideal boundary.

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## 1. Introduction

Roughly speaking, the Morse lemma states that in a hyperbolic metric space, a  $\lambda$ -quasi-geodesic  $\gamma$  belongs to a  $\lambda^2$ -neighborhood of every geodesic  $\sigma$  with the same endpoints. Our aim is to prove the optimal upper bound for the Morse lemma.

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**Theorem 1** (Morse lemma). *Let  $\gamma$  be a  $(\lambda, c)$ -quasi-geodesic in a  $\delta$ -hyperbolic space  $E$  and  $\sigma$  be a geodesic segment connecting its endpoints. Then  $\gamma$  belongs to an  $H$ -neighborhood of  $\sigma$ , where*

$$H = \lambda^2(A_1c + A_2\delta),$$

where  $A_1$  and  $A_2$  are universal constants.

We prove this theorem with  $A_1 = 4 \cdot 78 = 312$  and

$$A_2 = 4 \left( 78 + \frac{133}{\ln 2} e^{157 \ln 2 / 28} \right)$$

in Section 5.2. This result is optimal up to the value of these constants, i.e., there exists an example of a quasi-geodesic such that  $H$  is the distance of the farthest point of  $\gamma$  from  $\sigma$  (see Section 6).

The Morse lemma plays an important role in the geometry of hyperbolic spaces. For example, it is used to prove that hyperbolicity is invariant under quasi-isometries between geodesic spaces [4] (see Chapter 5.2, Theorem 12): let  $E$  and  $F$  be  $\delta_1$ - and  $\delta_2$ -hyperbolic geodesic spaces. If there exists a  $(\lambda, c)$ -quasi-isometry between these two spaces, then

$$\delta_1 \leq 8\lambda(2H + 4\delta_2 + c).$$

Hyperbolic metric spaces have recently appeared in discrete mathematics and computer science (see, e.g., [3]). The  $\delta$ -hyperbolicity turns out to be more appropriate than other previously used notions of approximation by trees (e.g., tree width). This motivates our search for optimal bounds for a cornerstone of hyperbolic group theory like the Morse lemma.

Gromov’s quasi-isometry classification problem for groups [5] provides another motivation. When two groups are shown to be non-quasi-isometric, it would be desirable to give a quantitative measure of this, such as a lower bound on the distortion of maps between balls in these groups (we thank Itai Benjamini for bringing this issue to our attention). We expect our optimal bound in the Morse lemma to be instrumental in proving such lower bounds. As an indication of this, we show that the center of a ball in a tree cannot be moved very far by a self-quasi-isometry.

**Proposition 1.** *Let  $O$  be a center of a ball of radius  $R$  in a  $d$ -regular metric tree  $T$  ( $d \geq 3$ ). Let  $f$  be  $(\lambda, c)$ -self-quasi-isometry of this ball. Then for any image  $f(O)$  of the center  $O$ ,*

$$d(f(O), O) \leq \min\{R, H + c + \lambda(c + 1)\}.$$

Because  $\delta = 0$  for a tree, we have  $d(f(O), O) \leq 2A_1\lambda^2c$  for sufficiently large  $\lambda$ . We prove this proposition in Section 6.

We present an example of a  $(\lambda, c)$ -quasi-isometry of a ball in a  $d$ -regular tree that moves the center a distance  $\lambda c$ . We are currently unable to fill the gap between  $\lambda c$  and  $\lambda^2c$ .

We give a second illustration. In certain hyperbolic metric spaces, self-quasi-isometries fixing the ideal boundary move points a bounded distance. Directly applying the Morse lemma yields a bound of  $H \sim \lambda^2c$ , while the examples that we know achieve merely  $\lambda c$ . For this problem, we can fill the gap partially. Our argument relies on the following theorem, which we call the anti-Morse lemma.

**Theorem 2** (*anti-Morse lemma*). *Let  $\gamma$  be a  $(\lambda, c)$ -quasi-geodesic in a  $\delta$ -hyperbolic metric space and  $\sigma$  be a geodesic connecting the endpoints of  $\gamma$ . Let  $4\delta \ll \ln \lambda$ . Then  $\sigma$  belongs to an  $A_3(c+\delta) \ln \lambda$ -neighborhood of  $\gamma$ , where  $A_3$  is some constant.*

We prove Theorem 2 in Section 7. In Section 9, we define the class of geodesically rich hyperbolic spaces (it contains all Gromov hyperbolic groups), for which we can prove the following statement.

**Theorem 3.** *Let  $X$  be a geodesically rich  $\delta$ -hyperbolic metric space and  $f$  be a  $(\lambda, c)$ -self-quasi-isometry fixing the boundary  $\partial X$ . Then for any point  $O \in X$ , the displacement  $d(O, f(O)) \leq \max\{r_0, (A_4 + c)\lambda \ln \lambda\}$ , where  $r_0, A_4$  are constants depending on the space  $X$ .*

We first discuss the geometry of hyperbolic spaces and prove a lemma on the exponential contraction of lengths of curves with projections on geodesics. We then discuss the invariance of the  $\Delta$ -length of geodesics under quasi-isometries. Using these results, we prove the quantitative version of the Morse and anti-Morse lemmas. We define the class of geodesically rich spaces; for this class, we estimate the displacement of points by self-quasi-isometries that fix the ideal boundary. Finally, we show that this class includes all Gromov hyperbolic groups.

## 2. The geometry of $\delta$ -hyperbolic spaces

Let  $E$  be a metric space with the metric  $d$ . We also write  $|x - y|$  for the distance  $d(x, y)$  between two points  $x$  and  $y$  of the space  $E$ . For a subset  $A$  of  $E$  and a point  $x$ ,  $d(x, A)$  denotes the distance from  $x$  to  $A$ .

There are several equivalent definitions of hyperbolic metric spaces. We first present the most general definition, given by Gromov [6,4], although another definition is more convenient for us.

**Definition 1.** Gromov’s product of two points  $x$  and  $y$  at a point  $z$  is

$$(x, y)_p = \frac{1}{2}(|x - p| + |y - p| - |x - y|).$$

**Definition 2.** A metric space  $E$  with a metric  $d$  is said to be  $\delta$ -hyperbolic if for every four points  $p, x, y$ , and  $z$ ,

$$(x, z)_p \geq \min\{(x, y)_p, (y, z)_p\} - \delta.$$

**Definition 3.** A geodesic (geodesic segment, geodesic ray)  $\sigma$  in a metric space  $E$  is a isometric embedding of a real line (real interval  $I$ , real half-line  $\mathbb{R}_+$ ) in  $E$ .

We write  $xy$  for a geodesic segment between two points  $x$  and  $y$  (in general, there could exist several geodesic paths between two points; we assume any one of them by this notation). A geodesic triangle  $xyz$  is a union of three geodesic segments  $xy, yz$ , and  $xz$ .

**Definition 4.** A geodesic triangle  $xyz$  is said to be  $\delta$ -thin if for any point  $p \in xy$ ,

$$d(p, xz \cup yz) \leq \delta.$$

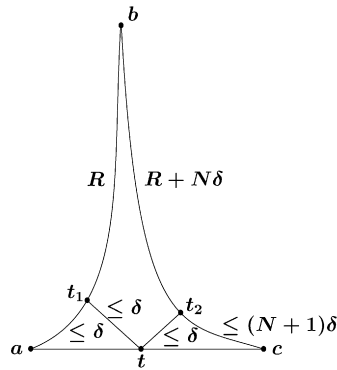


Fig. 1. Illustration for Lemma 1.

A geodesic metric space is a space such that there exists a geodesic segment  $xy$  between any two points  $x$  and  $y$ . It can be easily shown that for a geodesic space, Definition 2 is equivalent to the following definition.

**Definition 5.** A geodesic metric space  $E$  is  $\delta$ -hyperbolic if and only if every geodesic triangle is  $\delta/2$ -thin (hereafter, we omit the factor  $1/2$ ).

According to Bonk and Schramm [2], every  $\delta$ -hyperbolic metric space embeds isometrically into a geodesic  $\delta$ -hyperbolic metric space. Without loss of generality, we therefore consider only geodesic  $\delta$ -hyperbolic spaces in what follows.

**Definition 6.** In a metric space, a *perpendicular* from a point to a curve (in particular, a geodesic) is a shortest path from this point to the curve.

Of course, a perpendicular is not necessarily unique.

**Lemma 1.** In a geodesic  $\delta$ -hyperbolic space, let  $b$  be a point and  $\sigma$  be a geodesic such that  $d(b, \sigma) = R$ . Let  $ba$  be a perpendicular from  $b$  to  $\sigma$ , where  $a \in \sigma$ . Let  $c$  be a point of  $\sigma$  such that  $|b - c| = R + 2\Delta$ . Then  $|a - c| \leq 2\Delta + 4\delta$ .

**Proof.** The triangle  $abc$  (see Fig. 1) is  $\delta$ -thin by the definition of a  $\delta$ -hyperbolic space. Hence, there exists a point  $t \in \sigma$  such that  $d(t, ba) \leq \delta$  and  $d(a, bc) \leq \delta$ . Let  $t_1$  and  $t_2$  be the respective projections of  $t$  on  $ba$  and  $bc$ . By hypothesis,  $R$  is the minimum distance from  $b$  to the points of  $\sigma$ . Therefore,  $R = |b - a| \leq |b - t_1| + |t_1 - t| \leq |b - t_1| + \delta$  and  $R \leq |b - t_2| + |t_2 - t| \leq |b - t_2| + \delta$ . Hence,  $|a - t_1| \leq \delta$  and  $|c - t_2| \leq 2\Delta + \delta$ . By the triangle inequality, we obtain  $|a - c| \leq |a - t_1| + |t_1 - t| + |t - t_2| + |t_2 - c| \leq 2\Delta + 4\delta$ .  $\square$

**Remark 1.** In particular, all the orthogonal projections of a point to a geodesic lie in a segment of length  $4\delta$ .

**Lemma 2.** In a  $\delta$ -hyperbolic space, let two points  $b$  and  $d$  be such that  $|b - d| = \Delta$ . Let  $\sigma$  be a geodesic and  $a$  and  $c$  be the respective orthogonal projections of  $b$  and  $d$  on  $\sigma$ . Let

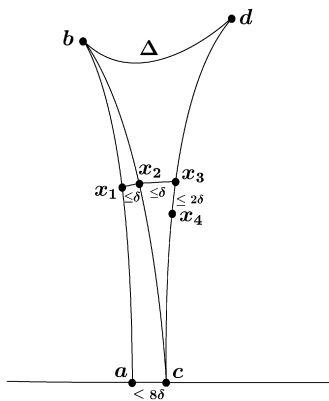


Fig. 2. Illustration for Lemma 2.

$|a - b| > 3\Delta + 6\delta$ , and let  $d(d, \sigma) > d(b, \sigma)$ . Let two points  $x_1 \in ab$  and  $x_4 \in cd$  be such that  $2\Delta + 5\delta < d(x_1, \sigma) = d(x_4, \sigma) < |a - b| - (\Delta + 2\delta)$ . Then  $|x_1 - x_4| \leq 4\delta$  and  $|a - c| \leq 8\delta$ .

**Proof.** (See Fig. 2.) By the triangle inequality and because  $cd$  is a perpendicular to  $\sigma$ ,  $|c - d| \leq |a - b| + |b - d|$ , whence  $|b - c| \leq |c - d| + |b - d| \leq |a - b| + 2|b - d|$ . By Lemma 1,  $|a - c| \leq 2\Delta + 4\delta$ . The triangle  $abc$  is  $\delta$ -thin,  $|a - x_1| > |a - c| + \delta$ . Therefore, by the triangle inequality,  $d(x_1, ac) > \delta$ , and hence  $d(x_1, bc) \leq \delta$ . Let  $x_2$  denote the point of  $bc$  nearest  $x_1$ . Because the triangle  $bcd$  is also  $\delta$ -thin and  $|b - x_2| \geq |b - x_1| - |x_1 - x_2| \geq \Delta + \delta$ , there exists a point  $x_3 \in cd$  such that  $|x_2 - x_3| \leq \delta$ . It follows from the triangle  $cx_1x_3$  that  $|x_3 - c| \geq |x_1 - c| - 2\delta \geq |x_1 - a| - 2\delta$ . On the other hand, because  $x_4c$  is a perpendicular to  $\sigma$ ,  $|x_3 - c| \leq |x_3 - x_1| + |x_1 - a|$ . Now,  $|a - x_1| = |c - x_4|$ , and hence  $|x_4 - x_3| \leq 2\delta$ . Finally, we obtain the statement in the lemma:  $|x_1 - x_4| \leq 4\delta$ .

By the triangle inequality and because  $d(x_1, \sigma) = d(x_4, \sigma)$ , we have  $|x_1 - c| \leq |c - x_4| + |x_4 - x_1| \leq |a - x_1| + 4\delta$ . Hence, using Lemma 1, we conclude that  $|a - c| \leq 8\delta$ .  $\square$

**Lemma 3.** Let  $\sigma$  be a geodesic segment,  $a$  be a point not on  $\sigma$ , and  $c$  be a projection of  $a$  on  $\sigma$ . Let  $b \in \sigma$  be arbitrary, and let  $d$  denote the projection of  $b$  on  $ac$ . Then  $|c - d| \leq 2\delta$ .

**Proof.** By hypothesis,  $bd$  minimizes the distance from any its points to  $ac$ , and because the triangle  $bcd$  is  $\delta$ -thin, there exists a point  $e \in bd$  such that  $d(e, ac) = |e - d| \leq \delta$  and  $d(e, bc) \leq \delta$ . Because  $ac$  is a perpendicular to  $\sigma$ ,  $|a - c| \leq |a - d| + |d - e| + d(e, bc) \leq |a - d| + 2\delta$ . Hence  $|c - d| \leq 2\delta$ .  $\square$

**Lemma 4.** As in the preceding lemma, let  $\sigma$  be a geodesic segment,  $a$  be a point not on  $\sigma$ ,  $c$  be a projection of  $a$  on  $\sigma$ , and  $b$  be some point on  $\sigma$ . Let  $d$  denote a point on  $ac$  such that  $|d - c| = \delta$  and  $e$  denote a point on  $bc$  such that  $|e - c| = 3\delta$ . Then

- $d(d, ab) \leq \delta$ ,  $d(e, ab) \leq \delta$ ,  $d(c, ab) \leq 2\delta$ , and
- the length of  $ab$  differs from the sum of the lengths of the two other sides by at most  $8\delta$ ,

$$|a - c| + |b - c| - 2\delta \leq |a - b| \leq |a - c| + |b - c| + 8\delta.$$

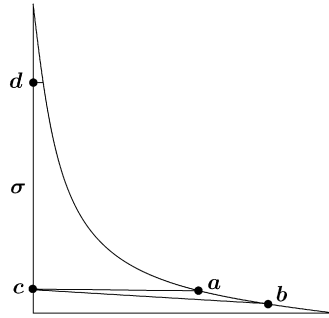


Fig. 3. Illustration for Remark 2.

**Proof.** The triangle  $abc$  is  $\delta$ -thin. Therefore, obviously,  $d(d, ab) \leq \delta$  (the distance from a point of  $ac$  to  $ab$  is a continuous function). We take a point  $x \in bc$  such that  $d(x, ca) \leq \delta$ . Using Lemma 3, we obtain  $|b - x| + d(x, ca) \geq |b - c| - 2\delta$ , and hence  $|c - x| \leq d(x, ca) + 2\delta \leq 3\delta$ .

We now let  $d_1$  and  $e_1$  denote the respective projections of  $d$  and  $e$  on  $ab$ . Then by the triangle inequality, we have

- $|a - d| - \delta \leq |a - d_1| \leq |a - d| + \delta$ ,
- $|b - e| - \delta \leq |b - e_1| \leq |b - e| + \delta$ , and
- $0 \leq |d_1 - e_1| \leq |d_1 - d| + |d - c| + |c - e| + |e - e_1| \leq 6\delta$ .

Combining all these inequalities, we obtain the second point in the lemma.  $\square$

**Lemma 5.** Let  $\sigma$  be a geodesic and  $a$  and  $b$  be two points not on  $\sigma$ . Further, let  $a$  and  $b$  have a common projection  $c$  on  $\sigma$ . Let  $d$  be a point of  $\sigma$  and  $c_1$  be the projection of  $d$  on  $ab$ . Then

$$|d - c| \leq |d - c_1| + 6\delta.$$

**Remark 2.** Lemma 5 deals with a geodesic segment. The statement is not true for a complete geodesic passing through  $a$  and  $b$ , as can be seen from Fig. 3.

**Proof of Lemma 5.** We take a point  $e \in bc$  such that  $|c - e| = \delta$  and consider the triangle  $bcd$  (see Fig. 4). Because  $bc$  is a perpendicular to  $dc$ ,  $d(e, bd) \leq \delta$ . Let  $e_1$  denote a projection of  $e$  on  $bd$ . Let  $e_2$  and  $e_3$  be the respective projections of  $e_1$  on the geodesic segments  $dc_1$  and  $bc_1$ . Because the triangle  $dbc_1$  is  $\delta$ -thin, either  $|e_1 - e_2| \leq \delta$  or  $|e_1 - e_3| \leq \delta$ .

**I.** If  $|e_1 - e_2| \leq \delta$ , then  $|d - c| \leq |c - e| + |e - e_1| + |e_1 - e_2| + |e_2 - d| \leq |d - c_1| + 3\delta$ .

**II.** If  $|e_1 - e_2| > \delta$ , then the length of the path  $cee_3$  is at most  $3\delta$ . We apply the same arguments to  $ad$  (we assume that this is possible; otherwise, we could apply the first case to it). We obtain the points  $g, g_1$ , and  $g_3$  and the length of the path  $cgg_3$  is also at most  $3\delta$ . If neither of these paths intersects  $cc_1$ , then its length does not exceed  $6\delta$  (which follows from consideration of the triangle  $ce_3g_3$ ).  $\square$

**Lemma 6.** Let  $E$  be a  $\delta$ -hyperbolic metric space and  $abc$  be a triangle in  $E$ . Then the diameter of the set  $S$  of points of the side  $ab$  such that distance to  $bc$  and  $ac$  does not exceed  $2d$  is not greater than  $C(d + \delta)$ , where  $C$  is a constant.



### 3. Quasi-geodesics and $\Delta$ -length

**Definition 7.** A map  $f : E \rightarrow F$  between metric spaces is a  $(\lambda, c)$ -quasi-isometry if

$$\frac{1}{\lambda}|x - y|_E - c \leq |f(x) - f(y)|_F \leq \lambda|x - y|_E + c$$

for any two points  $x$  and  $y$  of  $E$ .

**Definition 8.** A  $(\lambda, c)$ -quasi-geodesic in  $F$  is a  $(\lambda, c)$ -quasi-isometry from a real interval  $I = [0, l]$  to  $F$ .

Let  $\gamma : I \rightarrow F$  be a curve. We assume that the interval  $I = [x_0, x_n]$  of length  $|I| = l$  gives the parameterization of the quasi-geodesic  $\gamma$ . We take a subdivision  $T_n = (x_0, x_1, \dots, x_n)$  and let  $y_i, i = 0, 1, \dots, n$ , denote  $\gamma(x_i)$ . The mesh of  $T_n$  is  $d(T_n) = \min_{0 \leq i \leq n} |y_i - y_{i-1}|$ .

**Definition 9 ( $\Delta$ -length).** Let  $\gamma : I \rightarrow F$  be a curve. The value

$$L_\Delta(\gamma) = \sup_{T_n: d(T_n) \geq \Delta} \sum_{i=1}^n |y_i - y_{i-1}|$$

is called the  $\Delta$ -length of the quasi-geodesic  $\gamma$ .

We note that the values of the  $\Delta$ -length and the classical length are the same for a geodesic.

**Lemma 7.** Let  $\gamma : I \rightarrow F$  be a  $(\lambda, c)$ -quasi-geodesic. For  $\Delta \geq 2c$ ,

$$L_\Delta(\gamma) \leq 2\lambda l.$$

**Proof.** By the definition of the  $\Delta$ -length,  $\Delta \leq |y_i - y_{i-1}| \leq \lambda|x_i - x_{i-1}| + c$ . Hence, because  $\Delta \geq 2c$ , we obtain  $|x_i - x_{i-1}| \geq (\Delta - c)/\lambda \geq c/\lambda$ .

Now, by the definition of a quasi-geodesic (and a quasi-isometry in particular), we have

$$\sup_{T_n} \sum_i |y_i - y_{i-1}| \leq \sup_{T_n} \sum_i (\lambda|x_i - x_{i-1}| + c) \leq \sup_{T_n} \sum_i 2\lambda|x_i - x_{i-1}| = 2\lambda l,$$

where the last equality follows because the sum of  $|x_i - x_{i-1}|$  for every subdivision of the interval  $I$  is exactly equal to the length of  $I$ .  $\square$

**Lemma 8.** Let  $\gamma : I \rightarrow F$  be a  $(\lambda, c)$ -quasi-geodesic. Let  $R \geq c$  be the distance between the endpoints of  $\gamma$ , and let  $\Delta \geq 2c$ . Then  $L_\Delta(\gamma) \leq 4\lambda^2 R$ .

**Proof.** By the definition of a quasi-isometry,  $l/\lambda - c \leq R \leq \lambda l + c$ . Hence,  $l \leq \lambda(R + c)$ . And by Lemma 7,  $L_\Delta(\gamma) \leq 2\lambda^2(R + c)$ . In particular,  $L_\Delta(\gamma) \leq 4\lambda^2 R$  for  $R \geq c$ .  $\square$

The next lemma allows replacing arbitrary quasi-geodesics with continuous ones.



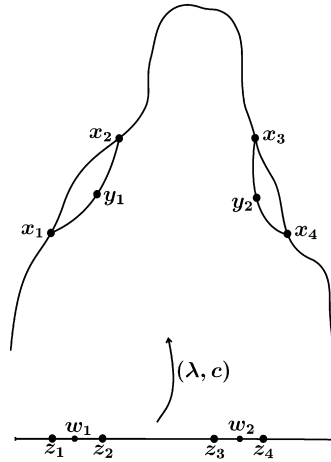


Fig. 5. Construction of the continuous arc  $\tilde{\gamma}$  from the quasi-geodesic  $\gamma$ .

**Lemma 9.** *Let  $\gamma$  be a  $(\lambda, c)$ -quasi-geodesic, and let  $\Delta \geq c$ . Let  $T = t_0, t_1, \dots, t_n \subset \gamma$  be the set of points on  $\gamma$  such that  $T$  gives the  $\Delta$ -length value  $L_\Delta$ .*

1. *Then the curve  $\tilde{\gamma}$  consisting of the geodesic segments  $[t_i, t_{i+1}]$ ,  $i = 0, 1, \dots, n - 1$ , is a  $(\lambda, 12\Delta + 3c)$ -geodesic with the (classical) length  $L_\Delta$ .*
2. *Let  $y$  and  $y'$  be points of  $\tilde{\gamma}$  such that  $d(y, y') \geq 6\Delta + c$ . Let  $\tilde{\gamma}_0$  be the part of  $\tilde{\gamma}$  between  $y$  and  $y'$ . Then the (classical) length of  $\tilde{\gamma}_0$  is not greater than  $L_\Delta(\tilde{\gamma}_0) \leq 4\lambda^2(R + 6\Delta)$ .*

**Proof.** We first note that for every  $i = 0, 1, \dots, n - 1$ , the length of the interval  $[[t_i, t_{i+1}]] \leq 3\Delta$ . Indeed, if  $[[t_i, t_{i+1}]] > 3\Delta$ , then we can add a point  $t'_i$  to the partition  $T$ . Such a point exists because the gaps on a quasi-geodesic cannot be greater than  $c$ .

We assume that  $\gamma$  is parameterized by an interval  $I$ ;  $t_i^{-1} \in I$  are the parameters of  $t_i$ ,  $i = 0, 1, \dots, n$  (see Fig. 5). Let  $[t_i^{-1}, t_{i+1}^{-1}]$  be the affine parameterization of the geodesic segments  $[t_i, t_{i+1}]$ . Then the conditions for being a  $(\lambda, 4c)$ -geodesic are satisfied automatically for the points of the same segment.

To simplify the notation, we let  $[x_1, x_2]$  and  $[x_3, x_4]$  denote two different intervals of  $\tilde{\gamma}$  and  $[z_1, z_2]$  and  $[z_3, z_4]$  denote their parameters. We take two points  $y_1 \in [x_1, x_2]$  and  $y_2 \in [x_3, x_4]$ , where  $w_1$  and  $w_2$  are their parameters. By the triangle inequality and by the definition of a quasi-isometry,

$$|y_1 - y_2| \leq |x_2 - x_3| + |y_1 - x_2| + |y_2 - x_3| \leq |x_2 - x_3| + 6\Delta \leq \lambda|z_2 - z_3| + c + 6\Delta.$$

Similarly, we obtain the lower bound

$$|y_1 - y_2| \geq |x_2 - x_3| - |y_1 - x_2| - |y_2 - x_3| \geq |x_2 - x_3| - 6\Delta \geq \frac{1}{\lambda}|z_2 - z_3| - c - 6\Delta.$$

By the definition of a quasi-isometry,  $|z_k - z_{k+1}| \leq \lambda(|x_k - x_{k+1}| + c) \leq \lambda(3\Delta + c)$  with  $k = 1, 3$ . Hence,

$$|w_1 - w_2| - 2\lambda(3\Delta + c) \leq |z_2 - z_3| \leq |w_1 - w_2|.$$

Therefore,

$$\frac{1}{\lambda}|w_1 - w_2| - \frac{2\lambda(3\Delta + c)}{\lambda} - 6\Delta - c \leq |y_1 - y_2| \leq \lambda|w_1 - w_2| + 6\Delta + c.$$

Consequently,  $\tilde{\gamma}$  is a quasi-geodesic with the constants  $\lambda$  and  $12\Delta + 3c$  and statement 1 in the lemma is proved.

To prove statement 2, we need merely note that if  $|y_1 - y_2| \geq 6\Delta + c$ , then  $c \leq |x_1 - x_4| \leq |y_1 - y_2| + 6\Delta$  by the triangle inequality. The left-hand inequality allows applying Lemma 8 to the part  $\gamma_0$  between  $x_1$  and  $x_4$  of the initial quasi-geodesic  $\gamma$ , and we use the right-hand part to obtain the upper bound,

$$L(\tilde{\gamma}_0) \leq L_\Delta(\gamma_0) \leq 4\lambda^2(R + 6\Delta). \quad \square$$

### 4. Exponential contraction

**Lemma 10** (Exponential contraction). *Let  $\Delta > 0$ . In a geodesic  $\delta$ -hyperbolic space  $E$ , let  $\gamma$  be a connected curve at a distance not less than  $R \geq \Delta + 58\delta$  from a geodesic  $\sigma$ . Let  $L_\Delta$  be the  $\Delta$ -length of  $\gamma$ . Let  $r = \lfloor (R - \Delta - 58\delta)/19\delta \rfloor 19\delta$ . Then the length of the projection of  $\gamma$  on  $\sigma$  is not greater than*

$$\max\left(\frac{4\delta}{\Delta}e^{-Kr/\delta}(L_\Delta + \Delta), 8\delta\right).$$

In other words,

- if  $R \leq \Delta + 58\delta + (\delta/K) \ln((L_\Delta + \Delta)/2\Delta)$ , then the length of the projection of  $\gamma$  on  $\sigma$  is not greater than  $(4\delta/\Delta)e^{-Kr/\delta}(L_\Delta + \Delta)$ ;
- otherwise, it is not greater than  $8\delta$ .

**Proof.** Let  $y_0, y_1, \dots, y_n$  be points on  $\gamma$  such that  $|y_i - y_{i-1}| = \Delta$  for  $i = 1, 2, \dots, n - 1$ ,  $|y_n - y_{n-1}| \leq \Delta$ , and  $y_0$  and  $y_n$  are the endpoints of  $\gamma$ . Let  $y_k$  be the point of this set that is nearest  $\sigma$ . We take a perpendicular from  $y_k$  to  $\sigma$  and a point  $x_k$  on it with  $|y_k - x_k| = \Delta + 3\delta$ . Now, on the perpendiculars from all other points  $y_i$ , we take points  $x_i$  such that  $d(x_i, \sigma) = d(x_k, \sigma)$  (see Fig. 6). By Lemma 2,  $|x_i - x_{i-1}| \leq 4\delta$  for  $i = 1, 2, \dots, n$ . Therefore,

$$\sum_{i=1}^n |x_i - x_{i-1}| \leq n4\delta \leq n\Delta \frac{4\delta}{\Delta} \leq \frac{4\delta}{\Delta}(L_\Delta + \Delta).$$

We set  $\bar{x}_0 = x_0$  and  $\bar{x}_{n^1} = x_n$  and select points  $\bar{x}_i \in \{x_1, x_2, \dots, x_{n-1}\}$  such that  $8\delta \leq |x_i - x_{i-1}| \leq 16\delta$ . For each  $i = 0, 1, \dots, n^1$ , we choose a perpendicular from  $\bar{x}_i$  to  $\sigma$ , move  $\bar{x}_i$  along it a distance  $16\delta + 3\delta = 19\delta$  toward  $\sigma$ , and obtain  $x_i^1$ . By Lemma 2,  $|x_i^1 - x_{i-1}^1| \leq 4\delta$  and

$$\sum_{i=1}^{n^1} |x_i^1 - x_{i-1}^1| \leq n^1 4\delta \leq \frac{1}{2} \sum_{i=1}^{n^1} |\bar{x}_i - \bar{x}_{i-1}| \leq \frac{1}{2} \sum_{i=1}^n |x_i - x_{i-1}| \leq \frac{1}{2} \frac{4\delta}{\Delta}(L_\Delta + \Delta).$$

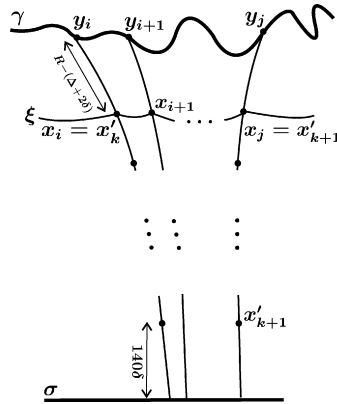


Fig. 6. Exponential contraction of the length of a curve  $\gamma$  under projection on a geodesic  $\sigma$ .

We can continue such a process while the distance from the set of points  $\{x_i^m, i = 0, 1, \dots, n^m\}$  to  $\sigma$  is not less than  $19\delta$  and  $|x_0^m - x_{n^m}^m| \geq 8\delta$ . After  $k$  steps, we have

$$\sum_{i=1}^{n^k} |x_i^k - x_{i-1}^k| \leq \frac{1}{2^k} \frac{4\delta}{\Delta} (L_\Delta + \Delta) = \frac{4\delta}{\Delta} e^{-((\ln 2)/19\delta)(19\delta k)} (L_\Delta + \Delta).$$

We set  $r = 19\delta k$  and  $K = (\ln 2)/19$ . We need  $8\delta \leq (4\delta/\Delta)e^{-Kr/\delta}(L_\Delta + \Delta)$  and hence  $r \leq (\delta/K) \ln((L_\Delta + \Delta)/2\Delta)$ . Now, if the distance between the projections of the endpoints  $|x_0^m - x_{n^m}^m|$  is not less than  $8\delta$  at some step  $m$ , then we use Lemma 2 to do the last projection on  $\sigma$ , and its length does not exceed  $8\delta$ . Otherwise, we must do the last descent to the distance  $55\delta$  using Lemma 2 (the estimate for the projection on a geodesic with  $\Delta = 16\delta$  gives the necessary distance from the set of points to the geodesic to be greater than  $3 * 16\delta + 6\delta = 54\delta$ ) and intervals of a length not less than  $8\delta$  contract to intervals of a length not more than  $\delta$ , and we hence have a contraction factor of unity at the last step.  $\square$

### 5. Quantitative version of the Morse lemma

We are now ready to prove our main result. In a  $\delta$ -hyperbolic space  $E$ , any  $(\lambda, c)$ -quasi-geodesic  $\gamma$  belongs to an  $H$ -neighborhood of a geodesic  $\sigma$  connecting its endpoints, where the constant  $H$  depends only on the space  $E$  (in particular, on the constant  $\delta$ ) and the quasi-isometry constants  $\lambda$  and  $c$ .

#### 5.1. Attempts

To motivate our method, we describe a sequence of arguments yielding sharper and sharper estimates. We start with the proof in [4, Chapter 5.1, Theorem 6 and Lemma 8], where the upper bound  $H \leq \lambda^8 c^2 \delta$  was obtained (up to universal constants, factors of the order  $\log_2(\lambda c \delta)$ ). The first weak step in this proof is replacing a  $(\lambda, c)$ -quasi-geodesic with a discrete  $(\lambda', c)$ -quasi-geodesic  $\gamma'$  parameterized by an interval  $[1, 2, \dots, l]$  of integers, where  $\lambda' \sim \lambda^2 c$ . For a suitable  $R \sim \lambda'^2$ , we take an arc  $x_u x_v$  of  $\gamma'$  and introduce a partition of that arc  $x_u, x_{u+N}, x_{u+2N}, \dots, x_v$  for some well-chosen  $N \sim \lambda'$ . The approximation of a  $\delta$ -hyperbolic space by a tree (see

[4, Chapter 2.2, Theorem 12.ii)] is used to obtain an estimate of the form  $|y_{u+iN} - y'_{u+(i+1)N}| \leq c' \sim \ln \lambda'$ . By the triangle inequality,  $|x_u - x_v| \leq |x_u - y_u| + |y_u - y_{u+N}| + \dots + |y_v - x_u| \leq 2(R + \lambda') + (N^{-1}|u - v| + 1)c'$ . On the other hand,  $\lambda'^{-1}|u - v| \leq |x_u - x_v|$ . Combining these two inequalities, we obtain an estimate for  $|u - v|$  and hence for a distance from any point of the arc  $x_u x_v$  to the point  $x_u$ . The second weak step in this argument is in the estimate of the length of projections, which can be improved significantly.

Another proof was given in [1]. It allows obtaining the estimate  $\lambda^2 H_{\text{am}}$ , where  $H_{\text{am}}$  is the constant of the anti-Morse lemma (see Section 7) and is given by the equation  $H_{\text{am}} \simeq \ln \lambda + \ln H_{\text{am}}$ .<sup>1</sup> It is very close to an optimal upper bound but still not sharp. Also we need to notice that the sharp estimate for  $H_{\text{am}} \simeq \ln \lambda$ . The proof uses the notion of “exponential geodesic divergence.”

**Definition 10.** Let  $F$  be a metric space. We call  $e : \mathbb{N} \rightarrow \mathbb{R}$  a *divergence function* for the space  $F$  if for any point  $x \in F$  and any two geodesic segments  $\gamma = (x, y)$  and  $\gamma' = (x, z)$ , the length of a path  $\sigma$  from  $\gamma(R + r)$  to  $\gamma'(R + r)$  in the closure of the complement of a ball  $B_{R+r}(x)$  (i.e., in  $\bar{X} \setminus B_{R+r}(x)$ ) is not greater than  $e(r)$  for any  $R, r \in \mathbb{N}$  such that  $R + r$  does not exceed the lengths of  $\gamma$  and  $\gamma'$  if  $d(\gamma(R), \gamma'(R)) > e(0)$ .

The divergence function is exponential in a hyperbolic space. The next step is to prove the anti-Morse lemma. The authors of [1] take a point  $p$  of the geodesic  $\sigma$  that is the distant from the quasi-geodesic  $\gamma$  and construct a path  $\alpha$  between two points of  $\gamma$  such that  $\alpha$  is in the complement of the ball of radius  $d(p, \gamma)$  with the center  $p$ . Finally, they compare two estimates of the length: one estimate follows from the hypothesis that  $\alpha$  is a quasi-geodesic, and the other is given by the exponential geodesic divergence. To prove the Morse lemma, they take a (connected) part  $\gamma_1$  of  $\gamma$  that belongs to the complement of the  $H_{\text{am}}$ -neighborhood of the geodesic  $\sigma$ , and they show that the length of  $\gamma_1$  does not exceed  $2\lambda^2 H_{\text{am}}$  by the definition of a quasi-geodesic. In [1], they also use another definition of a quasi-geodesic, which is less general than our definition because, in particular, it assumes that a quasi-geodesic is a continuous curve. Consequently, some technical work is needed to generalize their results.

To improve these bounds, we use Lemma 10 (exponential contraction) instead of exponential geodesic convergence and Lemma 8, which do not require discretization as in [4] and provide a much more precise estimate for a length of a projection. We can then take  $R = \ln \lambda$  and obtain  $H \leq O(\lambda^2 \ln \lambda)$  by a similar triangle inequality.

Below, we prove the Morse and anti-Morse lemmas independently. We only mention that arguments in [1] can be used to deduce the optimal bound for the Morse lemma from the anti-Morse lemma. We can also obtain an optimal upper bound for  $H$  from Lemma 11.

We now sketch the proof of a stronger result (but still not optimal):  $H \leq O(\lambda^2 \ln^* \lambda)$ , where  $\ln^* \lambda$  is the minimal number  $n$  of logarithms such that  $\underbrace{\ln \dots \ln}_n \lambda \leq 1$ .

The preceding argument is used as the initial step. It allows assuming that the endpoints  $x$  and  $x'$  of  $\gamma$  satisfy  $|x - x'| \leq O(\ln \lambda)$ . Then comes an iterative step. We prove that if  $xx'$  is an arc on  $\gamma$  and  $|x - x'| = d_1$ , then there exist two points  $y$  and  $y'$  at distance at most  $C_2(c, \delta)\lambda^2$  from a geodesic  $\sigma_1$  connecting  $x$  and  $x'$  such that  $d_2 := |y - y'| \leq C_3(c, \delta) \ln d_1$ . Indeed, we choose a point  $z$  of the arc  $xx'$  that is farthest from  $\sigma_1$  and let  $\sigma'$  denote a perpendicular from  $z$  to  $\sigma_1$ . If all points of the arc  $xx'$  (on either side of  $z$ ) whose projection on  $\sigma'$  is at a distance  $\leq \lambda^2$

<sup>1</sup> Be careful while reading [1] because a slightly different definition of quasi-geodesics is used there with  $\lambda_1 = \lambda^2$ ; cf. Lemma 8.

from  $\sigma_1$  are at a distance not less than  $\ln d_1$  from  $\sigma'$ , then Lemma 10 implies that the length of the arc is much greater than  $\lambda^2 \ln d_1$ , contradicting the quasi-geodesic assumption. Hence, there are points  $y$  and  $y'$  that are near  $\sigma'$ . We can arrange that their projections on  $\sigma'$  are near each other, which yields  $|y - y'| \leq \ln d_1$ . We apply this relation several times starting with  $d_1 = C_1(c, \delta) \ln \lambda$  until  $d_i \leq 1$  for some  $i = \ln^* \lambda$ .

In summary, we use two key ideas to improve the upper bound of  $H$ : exponential contraction and a consideration of a projection of  $\gamma$  on a different geodesic  $\sigma'$ .

### 5.2. Proof of the Morse lemma

We use the same ideas to prove the quantitative version of the Morse lemma, but we should do it more accurately. Let  $\gamma$  be a  $(\lambda, c)$ -quasi-geodesic in a  $\delta$ -hyperbolic space  $E$ , and let  $\sigma$  be a geodesic segment connecting its endpoints. We prove that  $\gamma$  belongs to an  $H$ -neighborhood of  $\sigma$ , where

$$H = 4\lambda^2 \left( 78c + \left( 78 + \frac{133}{\ln 2} e^{157 \ln 2 / 28} \right) \delta \right). \tag{1}$$

**Remark 3.** It is easy to give an example where  $H = \frac{\lambda^2 c}{2}$  (see Section 6.2).

Indeed, a path that goes back and forth along a geodesic segment of length  $\lambda^2 c$  in a tree is a  $(\lambda, c)$ -quasi-geodesic (see Section 6 for details).

**Proof of Theorem 1.** Applying Lemma 9 to the quasi-geodesic  $\gamma$  with  $\Delta = 2c$ , we obtain a continuous  $(\lambda, 27c)$ -quasi-geodesic  $\tilde{\gamma}$ . By Lemma 8,  $\gamma$  belongs to a  $4\lambda^2 \cdot 6c = 24\lambda^2 c$ -neighborhood of  $\tilde{\gamma}$ . **Hereafter, we consider only the  $(\lambda, 27c)$ -quasi-geodesic  $\tilde{\gamma}$ , which for brevity is denoted simply by  $\gamma$ , and we set  $\tilde{c} = 27c$ .** The classical length of the part of this quasi-geodesic between two points separated by a distance  $R$  does not exceed  $4\lambda^2(R + \tilde{c})$ .

We introduce the following construction for subdividing the quasi-geodesic  $\gamma$ . We let  $z$  denote the point of our quasi-geodesic that is farthest from  $\sigma$ . Let  $\sigma_0 = \sigma$  be the geodesic connecting the endpoints of  $\gamma$ . Let  $\sigma'_0$  be the geodesic minimizing the distance between  $z$  and  $\sigma_0$  (because  $\sigma_0$  is a geodesic segment,  $\sigma'_0$  is not necessarily perpendicular to the complete geodesic carrying  $\sigma_0$ ). Let  $s_0$  denote the point of intersection of  $\sigma_0$  and  $\sigma'_0$ . Let  $s'_0$  be the point of  $\sigma'_0$  such that the length of the segment  $[s_0, s'_0]$  is equal to  $\delta$ . We consider the set of points of  $\gamma$  whose projections on  $\sigma'_0$  belong to the segment  $[s_0, s'_0]$ . The point  $z$  separates this set into two subsets  $\gamma_0^+$  and  $\gamma_0^-$  (see Fig. 7).

Let  $d_0^\pm$  denote the minimal distance of points of  $\gamma_0^\pm$  to  $\sigma'_0$ . We also introduce the following notation:

- $d_0 = d_0^+ + d_0^- + \delta$ ;
- $\gamma_1$  is a connected component of  $\gamma \setminus (\gamma_0^+ \cup \gamma_0^-)$  containing  $z$  and is also a quasi-geodesic with the same constants and properties as  $\gamma$ ;
- $\sigma_1$  is a geodesic connecting the endpoints of the sub-quasi-geodesic  $\gamma_1$ ;
- $L_1$  is the length of  $\gamma_1$ .

Applying the same idea to the curve  $\gamma_1$ , the same point  $z$ , and the geodesic  $\sigma_1$ , we obtain the geodesic  $\sigma'_1$ , the parts  $\gamma_1^\pm$  of the quasi-geodesic, and the distances  $d_1^\pm$ . We have

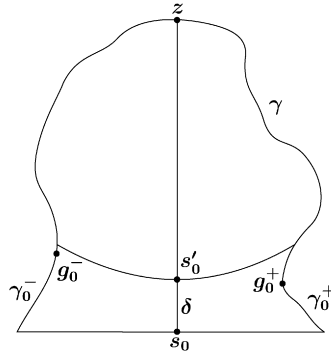


Fig. 7. Illustration of proof of Theorem 1.

$l(\sigma'_0) \leq l(\sigma'_1) + \delta + 6\delta$ . To show this, we apply Lemma 5 assuming that  $c = s'_0, d = z$ , and  $a$  and  $b$  are the endpoints of  $\gamma_1$ . Continuing the process, we obtain a subdivision of  $\gamma$  by  $\gamma_i^\pm$  and two families of geodesics  $\sigma_i$  and  $\sigma'_i$ . Finally, for some  $n$ , we obtain  $d_n \leq \tilde{c} + \delta + 77\delta = 78\delta + \tilde{c}$ .

The quantity  $L_i$  is the length of the subcurve  $\gamma_{i-1}$ , which is also a quasi-geodesic. Hence,  $l(\sigma'_n) \leq L_n \leq 4(d_n + \tilde{c})\lambda^2$  by construction. Therefore,

$$l(\sigma'_0) \leq \sum_{i=1}^n 7\delta + 4(78\delta + 2\tilde{c})\lambda^2.$$

Our goal is to prove that for sufficiently large  $\lambda$ ,  $\sum d_i \leq C\lambda^2$ , where  $C$  is a constant depending only on  $\tilde{c}$  and  $\delta$ .

Because the value of the classical length of a segment is not less than the value of its  $\Delta'$ -length, by Lemma 10 (with  $\Delta' = \delta$ ) and because  $\lfloor (d_{i+1}^\pm - \delta - 58\delta)/19\delta \rfloor 19\delta \geq d_{i+1}^\pm - 78\delta$ , we obtain

$$l(\gamma_i^+ \cup \gamma_i^-) \geq \frac{\delta}{4\delta} \max(e^{K(d_{i+1}^+ - 78\delta)/\delta}, e^{K(d_{i+1}^- - 78\delta)/\delta}) \geq \frac{\delta}{4} e^{K(d_{i+1} - \delta - 156\delta)/2\delta}.$$

On the other hand,  $l(\gamma_i^+ \cup \gamma_i^-) = L_i - L_{i+1}$ . Hence, setting  $C_0 = (\delta/4)e^{-157K/2}$ , we have

$$C_0 e^{Kd_{i+1}/2\delta} \leq L_i - L_{i+1}. \tag{2}$$

Let  $g_i^\pm$  be a point of  $\gamma_i^\pm$  that minimizes the distance to  $\sigma'_i$ . The part of the quasi-geodesic  $\gamma$  between  $g_i^+$  and  $g_i^-$  is also a quasi-geodesic with the same constants and properties. By the triangle inequality,  $|g_i^- - g_i^+| < d_i^+ + d_i^- + \delta$ . Therefore, by construction (see the beginning of the proof) and because  $d_i \geq 78\delta$ ,

$$L_i \leq 4\lambda^2(d_i + \tilde{c}) \leq 8\lambda^2 d_i. \tag{3}$$

The function  $e^{-d}$  is decreasing. Therefore, because  $d_i \geq \frac{4}{\lambda^2} L_i$ , we obtain

$$\frac{K}{2\delta} d_i e^{-Kd_i/2\delta} \leq \frac{K}{2\delta} \frac{4}{\lambda^2} L_i e^{-(4K/2\delta\lambda^2)L_i}.$$

We are now ready to estimate  $n$ :

$$n = \sum_{i=1}^n 1 = \frac{1}{C_0} \sum_{i=1}^n e^{-Kd_i/2\delta} C_0 e^{Kd_i/2\delta} \leq \frac{1}{C_0} \frac{\lambda^2 \delta}{4K} \sum_{i=1}^n e^{-(8K/2\delta\lambda^2)L_i} \frac{4K}{\lambda^2 \delta} (L_{i-1} - L_i).$$

Setting  $X_i = (4K/\lambda^2\delta)L_i$ , we have

$$\sum_{i=1}^n i \leq \frac{\lambda^2 \delta}{4C_0 K} \sum_{i=1}^n e^{-X_i} (X_{i-1} - X_i),$$

and because the function  $e^{-X}$  is decreasing for  $X \geq 0$ , we can use the estimate

$$\sum_{i=1}^n e^{-X_i} (X_{i-1} - X_i) \leq \int_0^\infty e^{-X} dX = -e^{-X} \Big|_0^\infty = 1.$$

Summarizing all the facts, returning to the initial notation, and recalling that  $K = \ln 2/19$ , we finally obtain the claimed result

$$H = 4\lambda^2 \left( 78c + \left( 78 + \frac{133}{\ln 2} e^{157 \ln 2/38} \right) \delta \right). \quad \square$$

## 6. Examples

### 6.1. Proof of Proposition 1

Here, we prove Proposition 1 (see the Introduction). We call any connected component of a ball with a deleted center  $O$  a *branch*. We call points that are sent to the branch containing the image of the center  $f(O)$  green points and all other points of  $T$  red points.

**Proof of Proposition 1.** We show that there exist two red points  $r_1$  and  $r_2$  such that  $d(O, r_1 r_2) \leq r = c + 1$ .

By Definition 7, a  $c$ -neighborhood of every point of the border should contain a point of the image. We must have at least  $(d-1)d^{R-c-1}$  red points near the border (we exclude the green part). The number of points in each connected component of the complement of the ball of radius  $r$  is less than  $d^{R-r}$ . Therefore, if  $r \gg c$ , then one component contains an insufficient number of points to cover the border of  $B$ . Hence, there exist two points  $r_1$  and  $r_2$  in different components of  $T$ , which means that the geodesic  $r_1 r_2$  passes at a distance less than  $r$  from the center  $O$  and the quasi-geodesic  $f(r_1 r_2)$  passes at a distance  $\lambda r + c$  from  $f(O)$  and belongs to an  $H$ -neighborhood of the geodesic  $f(r_1) f(r_2)$ . Because every path from  $f(O)$  to  $f(r_1) f(r_2)$  passes through  $O$ , we conclude that  $d(O, f(O)) < H + c + \lambda r$ . We need only choose a good value for  $r$ . Simply calculating the number of points in a mentioned component gives the estimate  $1 + d + d^2 + \dots + d^{R-r} \leq (1/\ln d)d^{R-r+1}$ . For  $r = c + 1$ , we have  $(1/\ln d)d^{R-r+1} \leq (d-1)d^{R-c-1}$ , which completes the proof.  $\square$

6.2. Optimality of Theorem 1

We present an example of a  $(\lambda, c)$ -quasi-geodesic  $\gamma$  in a tree with  $H = \lambda^2 c/2$ . We take a real interval  $[a, b]$  of length  $\lambda^2 c/2$  that is a subtree. We use an interval  $I = [u, v]$  of length  $\lambda c$  to parameterize  $\gamma$ . We define  $\gamma$  as follows:

- $\gamma(u) = \gamma(v) = a$ ,
- we set  $\gamma(w) = b$  for the midpoint  $w$  of  $I$ , and
- we set  $D = \min\{|u - x|, |v - x|\}$  and  $|a - \gamma(x)| = \lambda D$  for any  $x \in [a, b]$ .

It is easy to verify that  $\gamma$  is a well-defined quasi-geodesic. On the half-intervals  $[u, w]$  and  $[w, v]$ ,  $\gamma$  just stretches the distances by  $\lambda$ . We now take any two points  $x \in [u, w]$  and  $y \in [w, v]$ . Assuming that  $|u - x| \leq |v - y|$ , we obviously have  $|x - y| = |u - v| - |u - x| - |v - y|$ .

I. The lower bound of  $|\gamma(x) - \gamma(y)|$  is given by

$$\frac{1}{\lambda} (|u - v| - |u - x| - |v - y|) - c \leq 0 \leq |\gamma(x) - \gamma(y)|.$$

II. The upper bound of  $|\gamma(x) - \gamma(y)|$  is given by

$$\begin{aligned} & \lambda (|u - v| - |u - x| - |v - y|) + c - (|a - \gamma(y)| - |a - \gamma(x)|) \\ &= \lambda (|u - v| - |u - x| - |v - y|) + c - \lambda (|v - y| - |u - x|) \\ &= \lambda^2 c - 2\lambda |v - y| + c \geq c \geq 0. \end{aligned}$$

6.3. Achieving the displacement  $\lambda c$

We now describe a self-quasi-isometry  $f$  of a ball  $B$  in a tree that moves the center  $O$  a distance  $\lambda c/2$ . We assume that the radius of  $B$  is greater than  $\lambda c$ . We note that the images of two points inside the ball  $B_1$  of radius  $\lambda c$  with a center  $O$  can be just the same point. Let the quasi-isometry  $f$  fix the boundary of  $B_1$ , and let  $|O - f(O)| = \lambda c/2$ . The segment  $[O, f(O)]$  is sent to the only point  $f(O)$ . For any point  $a$  of  $\partial B_1$ , we let  $a'$  denote a projection of  $a$  on  $[O, f(O)]$  and assume that the interval  $[a, a']$  is linearly stretched and sent to the interval  $[a, f(O)]$ . Such a map  $f$  assigns only one image to any point. It is easy to verify that  $f$  is a quasi-isometry because the distances between points can be diminished up to 0 and are not increased more than  $\lambda$  times.

7. Anti-Morse lemma

We have already proved that any quasi-geodesic  $\gamma$  in a hyperbolic space is at distance not more than  $\lambda^2(A_1c + A_2\delta)$  from a geodesic segment  $\sigma$  connecting its endpoints. This estimate cannot be improved. But the curious thing is that this geodesic belongs to a  $\ln \lambda$ -neighborhood of the quasi-geodesic! We can therefore say that any quasi-geodesic is  $\ln \lambda$ -quasiconvex. This upper bound can be improved in some particular spaces: for example, any quasi-geodesic is  $c$ -quasiconvex in a tree.

The proof of Theorem 2 (see the Introduction) that we give below is based on using

- Lemma 10 (exponential contraction) to prove that at the distance  $\ln \lambda$  from the geodesic  $\sigma$  is at most  $\lambda^2 \ln \lambda$  and



- an analogue of Lemma 10 to prove that the length of a circle of radius  $R$  is at least  $e^R$  (up to some constants).

**Lemma 11.** *Let  $X$  be a hyperbolic metric space,  $\gamma$  be a  $(\lambda, c)$ -quasi-geodesic, and  $\sigma$  be a geodesic connecting the endpoints of  $\gamma$ . Let  $(y_u, y_v)$  be an arc of  $\gamma$  such that no point of this arc is at distance less than  $C_1 \ln \lambda + C_2$  from  $\sigma$  and  $y_u$  and  $y_v$  are the points of the arc nearest  $\sigma$ . Then the length of the projection of the arc  $(y_u, y_v)$  on  $\sigma$  does not exceed  $\max(8\delta, C_3 \ln \lambda)$  (with some well-chosen constants  $C_1, C_2$ , and  $C_3$  depending linearly on  $c$ ).*

**Proof.** By the definition of a quasi-geodesic, we have

$$\frac{|u - v|}{\lambda} - c \leq |y_u - y_v| \leq \lambda|u - v| + c.$$

On the other hand,

$$|y_u - y_v| \leq |y_u - y'_u| + |y'_u - y'_v| + |y'_v - y_v|,$$

where  $y'_u$  and  $y'_v$  are the projections of  $y_u$  and  $y_v$  on  $\sigma$ . We adjust the constants  $C_1$  and  $C_2$  such that

$$C_1 \ln \lambda + C_2 = \frac{19\delta^2}{K} \ln \frac{8\delta\lambda^4}{\Delta} + \Delta + 58\delta,$$

where  $\Delta = 2c$  (such a choice allows applying Lemma 8). We apply the lemma on exponential contraction (we assume that the length of the arc is rather large for using the estimate with an exponential factor and not to treat the obvious case where the length of the projection is  $8\delta$ ). We let  $l(y_u, y_v)$  denote the  $\Delta$ -length of the arc  $(y_u, y_v)$ :

$$|y'_u - y'_v| \leq l(y_u, y_v)e^{-K(r-\Delta-58\delta)/\delta} = \frac{1}{2\lambda^4}l(y_u, y_v).$$

Combining all these inequalities and using Lemma 8, we obtain

$$\begin{aligned} \frac{|u - v|}{\lambda} - c \leq |y_u - y_v| &\leq \frac{8}{K} \ln \sqrt[4]{2}\lambda + \frac{1}{8\lambda^4}l(y_u, y_v) \\ &\leq \frac{8}{K} \ln \sqrt[4]{2}\lambda + 4\lambda^2 \frac{1}{8\lambda^4}|y_u - y_v| \\ &\leq \frac{8}{K} \ln \sqrt[4]{2}\lambda + \frac{1}{2\lambda^2}(\lambda|u - v| + c). \end{aligned}$$

We therefore conclude that  $|y_u - y_v| \leq C_3\lambda^2 \ln \lambda$ , hence  $l(y_u, y_v) \leq C_3\lambda^4 \ln \lambda$ , and, finally, the length of the projection of the arc  $(y_u, y_v)$  of  $\gamma$  does not exceed  $\max(8\delta, C_3 \ln \lambda)$ .  $\square$

**Proof of Theorem 2.** The proof follows directly from Lemma 11. Because we have already proved that for every point  $z' \in \sigma$ , there exists a point  $z \in \gamma$  such that the projection of  $z$  on  $\sigma$  is at distance not more than several times  $c + \delta$  from  $z'$ . For simplicity, we therefore assume that for any point of  $\sigma$ , there exists a point of  $\gamma$  projecting on this point.

If the distance between  $z$  and  $z'$  is less than  $C_1 \ln \lambda$  for some constant  $C_1 = C_1(c, \delta)$  (the value of  $C_1$  can be found from Lemma 11), then the statement is already proved. If not, then we take an arc  $(y_u, y_v)$  of  $\gamma$  containing the point  $z$  such that the endpoints  $y_u$  and  $y_v$  are at the distance  $C_1 \ln \lambda$  from  $\sigma$  and these points are the points of this arc that are nearest  $\sigma$ . Hence, by Lemma 11, the length of the projection (which includes  $z$ ) of the arc  $(y_u, y_v)$  does not exceed  $C_4 \ln \lambda$ . Therefore, the distance from  $z$  to  $y_u$  (and  $y_v$ ) is not greater than  $(C_1 + C_4) \ln \lambda$ .  $\square$

## 8. Geodesically rich spaces

**Definition 11.** A metric space  $X$  is said to be geodesically rich if there exist constants  $r_0, r_1, r_2, r_3$ , and  $r_4$  such that

- for every pair of points  $p$  and  $q$  with  $|p - q| \geq r_0$ , there exists a geodesic  $\gamma$  such that  $d(p, \gamma) < r_1$  and  $|d(q, \gamma) - |q - p|| < r_2$  and
- for any geodesic  $\gamma$  and any point  $p \in X$ , there exists a geodesic  $\gamma'$  passing in an  $r_3$ -neighborhood of the point  $p$  and such that  $d(p, \gamma)$  differs from the distance between  $\gamma'$  and  $\gamma$  by not more than  $r_4$ .

**Example 1.** A line and a ray are not geodesically rich. Both of them satisfy the second condition in the definition, but not the first.

**Example 2.** Nonelementary hyperbolic groups are geodesically rich. We prove this later.

Any  $\delta$ -hyperbolic metric space  $H$  can be embedded isometrically in a geodesically-rich  $\delta$ -hyperbolic metric space  $G$  (with the same constant of hyperbolicity). We take a 3-regular tree with a root  $(T, O)$ , assume that  $G = H \times T$ , and set the metric analogously to a real tree:

- the distance between points in the subspace  $(H, O)$  equals the distance between the corresponding points in  $H$ ;
- the distance between other points equals the sum of the three distances from the points to their projections on  $(H, O)$  and between their projections on  $(H, O)$ .

It is easy to show that the space  $G$  is  $\delta$ -hyperbolic and geodesically rich. But such a procedure completely changes the ideal boundary of the space. We therefore ask another question:

**Question 1.** Is it possible to embed a  $\delta$ -hyperbolic metric space  $H$  isometrically in a geodesically rich  $\delta$ -hyperbolic metric space  $G$  with an isomorphic boundary?

**Lemma 12.** Let  $G$  be a nonelementary hyperbolic group. Then there exist constants  $c_1$  and  $c_2$  such that for any point  $p \in G$  and any geodesic  $\gamma \in G$  such that  $d(p, \gamma) \geq c_1$ , there exists a geodesic  $\gamma'$  with a point  $q$  minimizing (up to a constant times  $\delta$ ) the distance to  $\gamma$  and  $|p - q| \leq c_2$ .

**Proof.** By symmetry, we can assume that  $p$  is the unity of the group  $G$ . We supply the ideal boundary  $G(\infty)$  with a visual distance. Because  $G$  is a nonelementary group, its ideal boundary  $G(\infty)$  has at least three points (hence, infinitely many points).

We first prove by contradiction that there exists an  $\varepsilon$  such that for every pair of points  $\xi$  and  $\eta$  of  $G(\infty)$ , the union of the two balls of radius  $\varepsilon$  with the centers  $\xi$  and  $\eta$  does not cover the whole ideal boundary. On the contrary, we suppose that there exist two sequences of points  $\xi_n$  and  $\eta_n$  such that the union of  $B(\xi_n, 1/n)$  and  $B(\eta_n, 1/n)$  includes  $G(\infty)$ . By compactness, we can assume that  $\xi_n \rightarrow \xi$  and  $\eta_n \rightarrow \eta$ , and we find that  $G(\infty)$  belongs to the union of  $B(\xi, 2/n)$  and  $B(\eta, 2/n)$ . Hence, the ideal boundary contains only the two points  $\xi$  and  $\eta$ , which contradicts the assumption that  $G$  is nonelementary.

Let  $c_1$  be a constant such that if a geodesic  $\gamma$  is at a distance at least  $c_1$  from the point  $p$ , then the visual distance between its endpoints (at infinity) is less than  $\varepsilon/2$ . We now take two points  $\xi$  and  $\eta$  of  $G(\infty)$  outside an  $\varepsilon/4$ -neighborhood of  $\gamma(\infty)$  such that  $|\xi - \eta| > \varepsilon$  (the preceding argument established that such a choice is possible). Let  $\gamma'$  be a geodesic with the endpoints  $\xi$  and  $\eta$ . Hence,  $d(p, \gamma') < c_1$ . Applying Lemma 13 completes the proof.  $\square$

**Lemma 13.** *Let  $X$  be a  $\delta$ -hyperbolic space. Then for every  $\varepsilon > 0$ , there exist constants  $c_1$  and  $c_2$  such that for every pair of geodesics  $\gamma$  and  $\gamma'$  and every point  $p$  such that  $d(p, \gamma) < c_1$  and visual distance between the endpoints  $\gamma(\infty)$  and  $\gamma'(\infty) \geq \varepsilon$ , there exists a point  $q$  on  $\gamma$  minimizing the distance to  $\gamma'$  up to some constant times  $\delta$  and such that  $|p - q| \leq c_2$ .*

**Proof.** By Lemma 15, we can replace the point  $p$  with its projection  $p'$  on the geodesic  $\gamma$ . Let  $a'$  and  $b'$  be the projections on  $\gamma$  of the endpoint  $a = \gamma'(-\infty)$  and the point  $b$  of  $\gamma'$  that minimizes the distance from  $\gamma'$  to  $\gamma$ .

We consider two sequences  $x_n$  and  $y_n$  of points respectively on  $aa'$  and  $a'\gamma(+\infty)$  such that  $\lim_{n \rightarrow \infty} x_n = a$  and  $\lim_{n \rightarrow \infty} y_n = \gamma(+\infty)$ . We let  $a'_n$  denote the projections of  $x_n$ . Obviously,  $a'_n \rightarrow a'$  as  $n \rightarrow \infty$ . By the definition of Gromov’s product,  $(x|y)_{p'} = \lim_{n \rightarrow \infty} (x_n|y_n)_{p'}$ . Using Lemma 4, we now estimate  $(x_n|y_n)_{p'}$ :

$$\begin{aligned} (x_n|y_n)_{p'} &= \frac{1}{2} (|p' - x_n| + |p' - y_n| - |x_n - y_n|) \\ &\leq \frac{1}{2} (|p' - a'_n| + |a'_n - x_n| + 8\delta + |p' - y_n| - |a'_n - x_n| - |a'_n - y_n| + 2\delta). \end{aligned}$$

Now, if  $p'$  is between  $a'$  and  $b'$ , then  $(x_n|y_n)_{p'} \leq 5\delta$ ; otherwise (we assume that  $p'$  is closer to  $a'$ , i.e., the order of points on  $\gamma$  is  $p', a', b'$ ),  $(x_n|y_n)_{p'} \leq |p' - a'| + 5\delta$ .

Therefore, to finish the proof, we must now prove that the point  $a'$  is not far from  $ab$ . We apply Lemma 4 once more to the triangle  $aa'b'$  and obtain  $d(a', ab') \leq 2\delta$ . Hence, because the triangle  $abb'$  is  $\delta$ -thin, the distance from  $a'$  to  $ab$  or  $bb'$  is not greater than  $3\delta$ . In the first case, the statement is proved immediately. In the second case, we note that  $bb'$  is a perpendicular to  $ab'$  and hence  $d(a'b') \leq 2d(a', bb') \leq 6\delta$ . Therefore,  $a'$  in this case is near the projection of the point of  $ab$  that is nearest  $ab'$ , which completes the proof.  $\square$

**Lemma 14.** *Let  $G$  be a nonelementary hyperbolic group. Then there exist constants  $c_0, c_1$ , and  $c_2$  such that for every two points  $p$  and  $q$  in the group  $G$  with  $|p - q| > r_0$ , there exists a geodesic  $\gamma$  such that  $d(p, \gamma) \leq r_1$  and  $||p - q| - d(q, \gamma)| \leq r_2$ .*

**Proof.** We first assume that  $p$  is the unity of the group. We argue by contradiction: we suppose that the statement is false, i.e., there exists a sequence of points  $q_n$  such that  $|q_n - p| \rightarrow \infty$  as  $n \rightarrow \infty$ , and all pairs  $p$  and  $q_n$  do not satisfy the conditions in the lemma. We suppose that  $\xi$

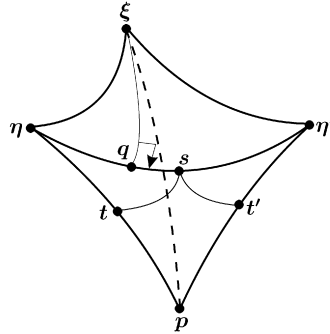


Fig. 8. Illustration for Lemma 14.

is a limit point of this sequence. As in the proof of Lemma 12, we supply the boundary of the group with a visual metric. And the same arguments provide that there exist  $\varepsilon > 0$  and points  $\eta$  and  $\eta'$  on the ideal boundary  $G(\infty)$  such that the pairwise visual distances between  $\xi$ ,  $\eta$ , and  $\eta'$  are greater than  $\varepsilon$  (see Fig. 8). We show that the geodesic  $\gamma$  with the endpoints  $\eta$  and  $\eta'$  satisfies the conditions in the lemma, which leads to a contradiction.

In what follows, we write  $\xi$ ,  $\eta$ , and  $\eta'$  but assume that we consider three sequences of points converging to the corresponding points of the ideal boundary. The triangle  $p\eta\eta'$  is  $\delta$ -thin. We take a point  $s$  of  $\eta\eta'$  such that  $d(s, p\eta) \leq \delta$  and  $d(s, p\eta') \leq \delta$ . We let  $t$  and  $t'$  denote projections of  $s$  respectively on  $p\eta$  and  $p\eta'$ . By the triangle inequality, we have

$$|\eta - t| + |\eta' - t'| - 2\delta \leq |\eta - \eta'| \leq |\eta - t| + |\eta' - t'| + 2\delta.$$

By hypothesis,

$$\text{visdist}_p(\eta, \eta') = e^{-(\eta|\eta')_p} > \varepsilon.$$

Hence,

$$|p - \eta| + |p - \eta'| - |\eta - \eta'| < 2\varepsilon_0,$$

where  $\varepsilon_0 = -\ln \varepsilon$

Combining the two inequalities, we obtain  $|p - t| + |p - t'| \leq 2(\varepsilon_0 + \delta)$  and  $d(p, \eta\eta') \leq 2\varepsilon_0 + 3\delta$ . The same arguments applied to the triangles  $p\eta\xi$  and  $p\eta'\xi$  show that the distance from the point  $p$  to the geodesics  $\eta\xi$  and  $\eta'\xi$  also does not exceed  $2\varepsilon_0 + 3\delta$ . We let  $p_1$ ,  $p_2$ , and  $p_3$  denote the respective projections of  $p$  on  $\eta\eta'$ ,  $\eta\xi$ , and  $\eta'\xi$  and  $q$  denote the projection of  $\xi$  on  $\eta\eta'$ . By the triangle inequality,  $|p_1 - p_2| \leq |p_1 - p| + |p - p_2| \leq 2(2\varepsilon_0 + 3\delta)$ . Applying Lemma 4 to the triangles  $q\xi\eta$  and  $q\xi\eta'$ , we find that the point  $q$  is not farther than  $2\delta$  from both  $\eta\xi$  and  $\eta'\xi$ . Therefore, both  $p_1$  and  $q$  are at bounded distances from  $\eta\xi$  and  $\eta'\xi$ , and we can apply Lemma 6, whence it follows that  $p_1$  and  $q$  are near each other at a distance of the order  $\varepsilon_0 + \delta$ .  $\square$

**Lemma 15.** *Let  $X$  be a  $\delta$ -hyperbolic space,  $\xi$  and  $\eta$  be two points of the ideal boundary  $\partial X$ , and  $p$  and  $p'$  be two points such that  $d(p, p') = D$ . Then the visual distances between  $\xi$  and  $\eta$  from the points  $p$  and  $p'$  satisfy the inequality*

$$\text{visdist}_{p'}(\xi, \eta) \leq e^D \text{visdist}_p(\xi, \eta).$$

**Proof.** By definition, Gromov’s product of  $x$  and  $y$  in  $p$  is

$$(x|y)_p = \frac{1}{2}(|p - x| + |p - y| - |x - y|).$$

We have the same equality for  $x$ ,  $y$ , and  $p'$ . Hence,

$$|(x|y)_{p'} - (x|y)_p| = \left| \frac{1}{2}(|p' - x| + |p' - y| - |p - x| - |p - y|) \right| \leq |p - p'|.$$

The last inequality follows from the triangle inequality. Therefore, by the definition of a visual metric,

$$\text{visdist}_{p'}(\xi, \eta) = e^{(\xi|\eta)_{p'}} \leq e^{(\xi|\eta)_p + |p - p'|} = e^D \text{visdist}_p(\xi, \eta). \quad \square$$

### 9. Quasi-isometries fixing the ideal boundary

We now give some estimates of the displacement of points in geodesically rich spaces under quasi-isometries that fix the ideal boundary. We do not yet know whether these results are optimal.

**Remark 4.** Let  $X$  be a metric space satisfying the first condition in the definition of geodesically rich. Let  $f : X \rightarrow X$  be a  $(\lambda, c)$ -self-quasi-isometry fixing the boundary  $\partial X$ . Then for sufficiently large  $\lambda$  and any point  $O \in X$ ,  $d(f(O), O) \leq H(\lambda, c, \delta) + r_2$ , where the constant  $C_1$  depends only on the space  $X$ .

**Proof.** For any point  $O$ ,  $r_1 \leq H(\lambda, c, \delta)$  for sufficiently large  $\lambda$  if  $d(O, f(O)) < r_0$ . Otherwise, let  $\gamma$  be a geodesic such that  $d(O, \gamma) \leq r_1$  and  $d(f(O), \gamma) > d(O, f(O)) - r_2$ . Because  $f(\gamma)$  is a quasi-geodesic with the same endpoints as  $\gamma$ , the quasi-geodesic lies near  $\gamma$ :  $f(\gamma) \subset U_H(\gamma)$ . Combining all the arguments, we obtain

$$d(O, f(O)) \leq d(f(O), \gamma) + r_2 \leq H + r_2. \quad \square$$

We do not know if it is possible to improve this upper bound in the general case. But in the case of a geodesically rich space, we can improve the bound from  $\lambda^2$  to  $\lambda \ln \lambda$ .

**Theorem 1.** (See Theorem 3 in the Introduction.) Let  $X$  be an  $(r_1, r_2)$ -geodesically rich  $\delta$ -hyperbolic metric space and  $f$  be a  $(\lambda, c)$ -self-quasi-isometry fixing a boundary  $\partial X$ . Then for any point  $O \in X$ ,  $d(O, f(O)) \leq \max(r_0, \lambda(r_3 + c + c_1 \ln \lambda) + r_1 + r_2 + r_4)$ .

**Proof.** Because  $f$  fixes the boundary of  $X$  and by the anti-Morse lemma, a  $(c_1 \ln \lambda)$ -neighborhood (where  $c_1 = c + \delta$ ) of an image  $f(\sigma)$  of any geodesic  $\sigma$  includes  $\sigma$ :  $\sigma \subset V_{c_1 \ln \lambda}(f(\sigma))$ . All the constants  $r_0, r_1, r_2, r_3$ , and  $r_4$  are the same constants as in the definition of a geodesically rich space. We take an arbitrary point  $O \in X$ . We assume that  $d(O, f(O)) \geq r_0$  because otherwise there is nothing to prove. There exists a geodesic  $\gamma$  such that  $d(\gamma, O) \leq r_1$  and  $|d(O, f(O)) - d(f(O), \gamma)| \leq r_2$ , and there also exists a geodesic  $\gamma'$  such that  $f(O)$  lies in  $r_3$ -neighborhood of  $\gamma'$  and such that  $f(O)$  is (up to  $r_4$ ) the point of  $\gamma'$  that is nearest  $\gamma$ .

Because  $\gamma' \subset V_{c_1 \ln \lambda}(f(\gamma'))$ , there exists a point  $O'$  of  $\gamma'$  such that  $|f(O') - f(O)| \leq r_3 + c_1 \ln \lambda$ . Now,  $d(f(O), \gamma) \leq d(O', \gamma) + r_4 \leq |O' - O| + r_1 + r_4$ , and by the definition of a quasi-isometry,  $|O' - O| \leq \lambda(|f(O') - f(O)| + c) \leq \lambda(r_3 + c + c_1 \ln \lambda)$ . Hence,  $d(f(O), \gamma) \leq \lambda(r_3 + c + c_1 \ln \lambda) + r_1 + r_4$ . Finally, we conclude that  $d(O, f(O)) \leq d(f(O), \gamma) + r_2 \leq \lambda(r_3 + c + c_1 \ln \lambda) + r_1 + r_2 + r_4$ .  $\square$

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Corrigendum

## A corrected quantitative version of the Morse lemma



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### ABSTRACT

There is a gap in the proof of the main theorem in the article [5] on optimal bounds for the Morse lemma in Gromov-hyperbolic spaces. We correct this gap, showing that the main theorem of [5] is true. We also describe a computer certification of this result.

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## 1. Introduction

The Morse lemma is a fundamental result in the theory of Gromov-hyperbolic spaces. It asserts that, in a  $\delta$ -hyperbolic space, the Hausdorff distance between a  $(\lambda, C)$ -quasi-geodesic and a geodesic segment sharing the same endpoints is bounded by a constant  $A(\lambda, C, \delta)$  depending only on  $\lambda$ ,  $C$  and  $\delta$ , and not on the length of the geodesic. Many

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proofs of this result have been given, with different expressions for  $A$ . An optimal value for  $A$  (up to a multiplicative constant) has only been found recently in the article [5] by the second author, giving  $A(\lambda, C, \delta) = K\lambda^2(C + \delta)$  for an explicit constant  $K = 4(78 + 133/\log(2) \cdot \exp(157 \log(2)/28)) \sim 37723$ .

Unfortunately, there is a gap in the proof of this theorem in [5], which was noticed by the first author while he was developing a library [4] on Gromov-hyperbolic spaces in the computer assistant Isabelle/HOL. In such a process, all proofs are formalized on a computer, and checked starting from the most basic axioms. The degree of confidence reached after such a formal proof is orders of magnitude higher than what can be obtained by even the most diligent reader or referee, and indeed this process shed the light on the gap in [5]. The gap is on Page 829: the inequality  $\sum_{i=1}^n e^{-X_i}(X_{i-1} - X_i) \leq \int_0^\infty e^{-t} dt$  goes in the wrong direction as the sequence  $X_i$  is decreasing.

In this paper, we fix this gap. Here is the estimate we get.

**Theorem 1.1.** *Consider a  $(\lambda, C)$ -quasi-geodesic  $Q$  in a  $\delta$ -hyperbolic space  $X$ , and  $G$  a geodesic segment between its endpoints. Then the Hausdorff distance  $HD(Q, G)$  between  $Q$  and  $G$  satisfies*

$$HD(Q, G) \leq 92\lambda^2(C + \delta).$$

Let us specify precisely the terms used in this statement, as there are small variations in the definitions in the literature. For us, a  $(\lambda, C)$ -quasi-geodesic is the image of a map  $f$  from a compact interval to  $X$  satisfying for all  $x, y$  the inequalities

$$\lambda^{-1} |y - x| - C \leq d(f(x), f(y)) \leq \lambda |y - x| + C.$$

A map satisfying these inequalities is also called a  $(\lambda, C)$ -quasi-isometry. We also require  $\lambda \geq 1$  and  $C \geq 0$  in the definition. A geodesic segment is by definition a  $(1, 0)$ -quasi-geodesic. We say that the space  $X$  is  $\delta$ -hyperbolic if the Gromov product  $(x, y)_w = (d(x, w) + d(y, w) - d(x, y))/2$  satisfies for all points  $x, y, z, w$  the inequality

$$(x, z)_w \geq \min((x, y)_w, (y, z)_w) - \delta.$$

Finally, the Hausdorff distance  $HD(Q, G)$  is the smallest number  $r$  such that  $G$  is included in the  $r$ -neighborhood of  $Q$ , and conversely.

**Remark 1.2.** For any  $\lambda \geq 3$ ,  $C \geq 0$  and  $\delta \geq 0$ , one can construct an example of a  $(\lambda, C)$ -quasi-geodesic  $Q$  in a  $\delta$ -hyperbolic space which satisfies  $HD(Q, G) \geq \lambda^2(C + \delta)/9$  where  $G$  is a geodesic segment joining the endpoints of  $Q$ . This shows that Theorem 1.1 is optimal, up to the value of the multiplicative constant. Such examples for  $\delta = 0$  are already given in [5], and the following is a variation around these examples.

**Example 1.3.** Let  $\lambda \geq 3$ ,  $C \geq 0$  and  $\delta \geq 0$ . Take  $X = \mathbb{R} \times [0, \delta]$  with the  $L^1$  distance. This is a  $\delta$ -hyperbolic space. Let  $\bar{\lambda} = \lambda/3 \geq 1$ . Define a quasi-geodesic  $f : [0, 2\bar{\lambda}(C + \delta) + \delta/\bar{\lambda}] \rightarrow$

$X$  by going always at speed  $\bar{\lambda}$  from  $(0, 0)$  to  $(\bar{\lambda}^2(C + \delta), 0)$ , then to  $(\bar{\lambda}^2(C + \delta), \delta)$ , then to  $(0, \delta)$ . The Hausdorff distance between the quasi-geodesic  $Q$  defined by  $f$  and the geodesic  $G$  joining  $(0, 0)$  and  $(0, \delta)$  is  $\bar{\lambda}^2(C + \delta) = \lambda^2(C + \delta)/9$ . We claim that  $f$  is a  $(\lambda, C)$ -quasi-geodesic. The upper bound  $d(f(x), f(y)) \leq \lambda|y - x| + C$  is obvious as  $f$  is  $\bar{\lambda}$ -Lipschitz by construction. For the lower bound  $d(f(x), f(y)) \geq \lambda^{-1}|y - x| - C$ , the most demanding points are the endpoints of the interval  $x = 0$  and  $y = 2\bar{\lambda}(C + \delta) + \delta/\bar{\lambda}$ : we should check that

$$d(f(x), f(y)) = \delta \geq \lambda^{-1} \cdot (2(C + \delta)\bar{\lambda} + \delta/\bar{\lambda}) - C.$$

This follows from the choice  $\bar{\lambda} = \lambda/3$ .

The new proof of Theorem 1.1 has been completely formalized in Isabelle/HOL in [4]. Therefore, the above theorem is certified. Here is this statement as proved in Isabelle/HOL.

```
theorem (in Gromov_hyperbolic_space) Morse_Gromov_theorem':
  fixes f: "real  $\Rightarrow$  'a"
  assumes "lambda C-quasi_isometry_on {a..b} f"
    "geodesic_segment_between G (f a) (f b)"
  shows "hausdorff_distance (f`{a..b}) G  $\leq$  92 * lambda^2 * (C + deltaG(TYPE('a)))"
```

In this formal statement, 'a is a type of class `Gromov_hyperbolic_space`. It corresponds to the space  $X$  of Theorem 1.1, and the associated hyperbolicity constant is `deltaG(TYPE('a))`. Instead of talking of the quasi-geodesic  $Q$ , the formal statement is made in terms of its parametrization  $f$ , as the notion of endpoint of a quasi-geodesic is not really well defined. With this correspondence, the two statements directly correspond to each other.

Although the proof is more involved than the original argument in [5], the constant we get in the end is much better (92 instead of 37724). Indeed, we have tried to optimize the constant as much as we could, contrary to [5], keeping in mind the foundational nature of the library [4]. This optimization owes a lot to the formalization process. It makes it possible to optimize locally one part of the proof, and see if it breaks other parts of the proof by checking if the proof assistant complains that the proof is not correct any more, or if everything goes through. The certainty of the result also makes the optimization worth it, as we are sure not to have forgotten for example an edge case that would spoil the estimates.

Having a formalized certified proof raises interesting questions about the way to write mathematics. We do not need to convince a reader (or a referee!) that the result is correct, as we have already done the much more demanding task of convincing a computer, and the proof with all details can be read by the interested reader in [4]. Rather, we have to convey the interesting ideas. We have decided to give all the precise statements we use (in their traditional version, but the very same statements have been formalized

in [4]), but skip their proofs if they are small variations around results that are already available in the literature. For the main proof, we will explain (with as many details as in a traditional mathematical paper) a simplified version of the proof that gives the same statement as Theorem 1.1 but not caring much about the universal constants (this simplified argument gives the constant 2460 instead of 92 in Theorem 1.1). Then we will comment without entering in too many details on the various optimizations that can be done, leading to the above statement.

**Remark 1.4.** The proof of Theorem 1.1 is delicate. However, we would like to emphasize that this is not due to our desire to formalize the proof on computer: the argument we give in this article is the simplest one we have been able to come up with, without any attempt to get an easy to formalize proof. And indeed this proof was not easy to formalize, but the mere fact that this was possible shows how powerful proof assistants already are today.

## 2. Proof of the main theorem

The proof uses the notion of quasiconvexity. We say that a subset  $Y \subseteq X$  is  $K$ -quasiconvex if, for any  $y_1, y_2 \in Y$ , there exists a geodesic between  $y_1$  and  $y_2$  which is included in the  $K$ -neighborhood of  $Y$ . For instance, geodesics are 0-quasiconvex. The  $r$ -neighborhood of a 0-quasiconvex set is always  $8\delta$ -quasiconvex, see [3, Proposition 10.1.2].

We follow the global strategy of [5] to prove Theorem 1.1, with a new more involved argument at a key technical step. Thanks to [1], we can assume without loss of generality that the space  $X$  is geodesic. The quasi-geodesic  $Q$  is by definition the image of a  $(\lambda, C)$ -quasi-isometric map  $f : [u^-, u^+] \rightarrow X$ . The statement for a general quasi-isometric map  $f$  reduces to the one for a continuous quasi-isometric map  $f$  thanks to the following approximation lemma, which is a version of [5, Lemma 9] or [2, Lemma III.H.1.11].

**Lemma 2.1.** *Consider a  $(\lambda, C)$ -quasi-isometry from a compact interval to a geodesic metric space, whose endpoints are at distance at least  $2C$ . Then it is within Hausdorff distance  $2C$  of a  $(\lambda, 4C)$ -quasi-geodesic with the same endpoints which is moreover  $2\lambda$ -Lipschitz.*

The proof of this lemma is very classical: assume that the initial quasi-geodesic is defined on an interval  $[u^-, u^+]$ . Then the assumptions ensure that  $u^+ - u^- \geq C/\lambda$ . Split suitably the interval  $[u^-, u^+]$  into subintervals with length in  $[C/\lambda, 2C/\lambda]$ . The new quasi-geodesic will coincide with the initial one on the endpoints of these subintervals, and be geodesic in between. The facts that this new function is a  $(\lambda, 4C)$ -quasi-geodesic, within Hausdorff distance  $2C$  of the original one, and  $2\lambda$ -Lipschitz, follow from direct computations.

Replacing the original quasi-geodesic by the new one given by Lemma 2.1 and  $C$  by  $4C$ , we will assume from this point on that the  $(\lambda, C)$ -quasi-geodesic  $f$  is also continuous. Replacing the original hyperbolicity constant  $\delta_0$  by a slightly larger constant  $\delta$  (and letting  $\delta$  tend to  $\delta_0$  at the end of the argument), we can assume that the space is hyperbolic for a constant strictly smaller than  $\delta$ , and also that  $\delta > 0$ .

Consider  $z \in [u^-, u^+]$ . We want to estimate  $d(f(z), G)$ . We will prove an estimate of the form

$$d(f(z), G) \leq K_0 + \frac{K_1}{K_2} \int_0^{u^+ - u^-} e^{-K_2 t} dt = K_0 + K_1 \cdot (1 - e^{-K_2(u^+ - u^-)}), \tag{2.1}$$

where  $K_0, K_1$  and  $K_2$  are suitable parameters that do not depend on  $u^-$  and  $u^+$ . Both  $K_0$  and  $K_1$  will be of the form  $K_i = k_i \lambda^2(C + \delta)$ , while  $K_2$  will be of the form  $K_2 = k_2 / (\delta \lambda)$  where  $k_0, k_1, k_2$  are explicit positive real constants. They will be defined in (2.4), (2.7) and (2.6). This estimate is proved inductively over the size of  $u^+ - u^-$ , reducing the estimate over  $[u^-, u^+]$  to the estimate over a shorter interval  $[v^-, v^+]$ . We will have to show that the loss in this reduction process is controlled in terms of  $K_1 e^{-K_2(v^+ - v^-)} - K_1 e^{-K_2(u^+ - u^-)}$ , to conclude the proof of (2.1) by induction.

Let us first explain why this estimate concludes the proof. It implies that  $d(f(z), G) \leq K_0 + K_1$ . This proves that the image  $Q$  of  $f$  is included in the  $(k_0 + k_1)\lambda^2(C + \delta)$ -neighborhood of  $G$ . To get the estimate on the Hausdorff distance, one needs to show that  $G$  is also included in a  $k\lambda^2(C + \delta)$ -neighborhood of  $Q$  for some  $k$ . This follows from the previous estimate and a standard argument (see [2]) that we recall now. Consider a point  $g \in G$ . Denote by  $Q^-$  the set of points on  $Q$  that are within distance  $(k_0 + k_1)\lambda^2(C + \delta)$  of a point of  $G$  in  $[f(u^-), g]$ , and by  $Q^+$  the set of points on  $Q$  that are within distance  $(k_0 + k_1)\lambda^2(C + \delta)$  of a point of  $G$  in  $[g, f(u^+)]$ . The previous estimate implies that  $Q = Q_1 \cup Q_2$ . As  $Q$  is connected, it follows that  $Q_1 \cap Q_2 \neq \emptyset$ . Denote by  $f(z)$  a point in this intersection, and by  $g^-$  and  $g^+$  two points before and after  $g$  on  $G$ , at distance at most  $(k_0 + k_1)\lambda^2(C + \delta)$  of  $f(z)$ . Using hyperbolicity in a triangle with vertices at  $g^-, g^+, f(z)$  and the fact that  $g$  is on a geodesic between  $g^-$  and  $g^+$ , it follows that the distance between  $g$  and  $f(z)$  is at most  $(k_0 + k_1)\lambda^2(C + \delta) + \delta$ . As  $\lambda \geq 1$ , this expression is bounded by  $(k_0 + k_1 + 1)\lambda^2(C + \delta)$ . This concludes the argument, for the constant  $k = k_0 + k_1 + 1$ . We remind that [6] contains a stronger result (Theorem 3) claiming that the geodesic  $G$  is included in an  $A(\delta \log \lambda + C + \delta)$ -neighborhood of the quasi-geodesic  $Q$  with some universal constant  $A$ .

It remains to prove the estimate (2.1). The proof will use two parameters  $L$  and  $D$ . For simplicity, let us take

$$L = D = 100\delta. \tag{2.2}$$

We keep separate notations for  $L$  and  $D$  because we will want to optimize the choice of their values later.

*Case 1.* The case where  $d(f(z), G) \leq L$  is trivial, as the estimate (2.1) holds if one takes  $K_0$  large enough.

*Case 2.* Let us therefore assume  $d(f(z), G) > L$ . We will construct several points along  $[u^-, z]$ . To ease the reading, their order will correspond to the alphabetical order when possible.

Consider a projection  $\pi_z$  of  $f(z)$  on  $G$ , and a geodesic segment  $H$  from  $\pi_z$  to  $f(z)$ . Denote by  $p : X \rightarrow H$  a closest-point projection on  $H$ . The idea is to project the quasi-geodesic  $Q$  on  $H$  and to consider the subpart  $Q'$  of  $Q$  that projects at distance at least  $L$  of  $\pi_z$ . If one could show that  $Q'$  is quantitatively shorter than  $Q$  and that the distance from  $f(z)$  to  $\pi_z$  is controlled in terms of the distance from  $f(z)$  to a geodesic joining the endpoints of  $Q'$ , then we would be in good shape to prove (2.1) inductively, deducing the estimate for  $Q$  from the estimate for  $Q'$ . The real argument will be built around this naive idea, but in a more subtle way.

More precisely, consider two points  $y^- \in [u^-, z]$  and  $y^+ \in [z, u^+]$  such that the projections  $p(f(y^-))$  and  $p(f(y^+))$  are at distance roughly  $L$  of  $\pi_z$ . In general,  $p$  is not uniquely defined and not continuous, but this is almost the case up to  $O(\delta)$  thanks to the hyperbolicity of the space. With the following standard lemma and recalling that  $H$  is 0-quasiconvex as it is a geodesic, one can find  $y^-$  and  $y^+$  such that

$$d(p(f(y^\pm)), \pi_z) \in [L - 4\delta, L]. \tag{2.3}$$

**Lemma 2.2.** *A closest-point projection of a connected set on a  $K$ -quasiconvex subset  $Y$  of  $X$  has gaps of size at most  $4\delta + 2K$ . More precisely, if  $f : [a, b] \rightarrow X$  is a continuous function and  $p(f(t))$  denotes a closest point projection of  $f(t)$  on  $Y$ , then for any  $\tau \leq d(p(f(a)), p(f(b)))$ , there exists  $t \in [a, b]$  such that  $d(p(f(a)), p(f(t))) \in [\tau - 4\delta - 2K, \tau]$ . Moreover, one can ensure that  $d(p(f(a)), p(f(s))) \leq d(p(f(a)), p(f(t)))$  for all  $s \leq t$ .*

Denote by  $d^-$  (respectively  $d^+$ ) the minimal distance of a point in  $f([u^-, y^-])$  (respectively  $f([y^+, u^+])$ ) to  $H$ . These distances are realized by two points  $f(m^-)$  and  $f(m^+)$ , by continuity of  $f$ .

*Case 2.1.* Assume that  $\max(d^-, d^+)$  is not large, say  $\leq D + C$  where  $D = 100\delta$  is the constant we have chosen in (2.2) and  $C$  is the quasi-isometry parameter. This is again an easy case. Indeed, as the projections of  $f(m^-)$  and  $f(m^+)$  are within distance  $L$  of  $\pi_z$ , one gets  $d(f(m^-), f(m^+)) \leq 2D + 2C + L$ . By quasi-isometry,

$$d(m^-, m^+) \leq \lambda(d(f(m^-), f(m^+)) + C) \leq \lambda(2D + 3C + L).$$

As  $z$  is between  $m^-$  and  $m^+$ , one gets in particular  $d(m^-, z) \leq \lambda(2D + 3C + L)$ . Then

$$\begin{aligned} d(f(z), \pi_z) &\leq d(f(z), f(m^-)) + d(f(m^-), p(f(m^-))) + d(p(f(m^-)), \pi_z) \\ &\leq (\lambda d(z, m^-) + C) + (D + C) + L \leq \lambda^2(3D + 5C + 2L). \end{aligned}$$

This is compatible with the inequality (2.1) if one takes

$$K_0 = 500\lambda^2(\delta + C). \tag{2.4}$$

Case 2.2. Assume now that  $\max(d^-, d^+) \geq D + C$ , and  $d^- \geq d^+$  for instance. This is the interesting case. The main step in the proof is the following lemma.

**Lemma 2.3.** *There exist two points  $v \leq x$  in  $[u^-, y^-]$  and a real number  $d' \geq d^-$  such that*

$$L - 74\delta \leq 4\sqrt{2}\lambda(x - v)e^{-d' \log(2)/(10\delta)} \tag{2.5}$$

and  $d(f(v), p(f(v))) \leq 4d'$ .

The numerology in the lemma ( $74$  and  $4\sqrt{2}$  and  $\log(2)/10$  and  $4$ ) is of no importance: what only matters is that  $L - 74\delta$  is positive, thanks to the choice of  $L$  in (2.2), and that the other numbers are positive and fixed.

Let us show how to conclude the proof using the lemma. We have

$$\begin{aligned} m^+ - v &= d(v, m^+) \leq \lambda(d(f(v), f(m^+)) + C) \\ &\leq \lambda\left(d(f(v), p(f(v))) + d(p(f(v)), p(f(m^+))) + d(p(f(m^+)), f(m^+)) + C\right) \\ &\leq \lambda(4d' + L + d^+ + C) \leq 6\lambda d', \end{aligned}$$

as  $L + C = D + C \leq d^- \leq d'$  and  $d^+ \leq d^- \leq d'$ . Therefore, taking

$$K_2 = \log(2)/(60\delta\lambda), \tag{2.6}$$

the inequality (2.5) gives

$$\begin{aligned} L - 74\delta &\leq 4\sqrt{2}\lambda(x - v)e^{-(m^+ - v) \cdot \log(2)/(60\delta\lambda)} = \frac{4\sqrt{2}\lambda}{K_2} \cdot K_2(x - v)e^{-K_2(m^+ - v)} \\ &\leq \frac{4\sqrt{2}\lambda}{K_2}(e^{K_2(x - v)} - 1)e^{-K_2(m^+ - v)} = \frac{4\sqrt{2}\lambda}{K_2}(e^{-K_2(m^+ - x)} - e^{-K_2(m^+ - v)}) \\ &\leq \frac{4\sqrt{2}\lambda}{K_2}(e^{-K_2(m^+ - x)} - e^{-K_2(u^+ - u^-)}). \end{aligned}$$

Consider a new geodesic  $G'$  between  $f(x)$  and  $f(m^+)$ . Arguing by induction, we can assume that the estimate (2.1) has already been proved for  $G'$ , and we want to deduce it for  $G$ . Since both endpoints of  $G'$  project within distance  $L$  of  $\pi_z$ , one checks that the distance from  $f(z)$  to  $G$  is controlled by the distance from  $f(z)$  to  $G'$  (this is a version of [5, Lemma 5]). More specifically,

$$d(f(z), G) \leq d(f(z), G') + L + 4\delta.$$

Bounding  $d(f(z), G')$  thanks to the induction assumption, and plugging in the estimate from the previous equation, we get

$$d(f(z), G) \leq K_0 + K_1(1 - e^{-K_2(m^+ - x)}) + \frac{L + 4\delta}{L - 74\delta} \cdot \frac{4\sqrt{2}\lambda}{K_2}(e^{-K_2(m^+ - x)} - e^{-K_2(u^+ - u^-)}).$$

Let us take

$$K_1 = \frac{L + 4\delta}{L - 74\delta} \cdot \frac{4\sqrt{2}\lambda}{K_2}. \tag{2.7}$$

Then the terms  $K_1 e^{-K_2(m^+ - x)}$  simplify in this equation, and we are left with

$$d(f(z), G) \leq K_0 + K_1(1 - e^{-K_2(u^+ - u^-)}).$$

This is (2.1), as desired. This concludes the proof of Theorem 1.1.  $\square$

It remains to prove Lemma 2.3. The argument relies on the contracting properties of closest-point projections on quasiconvex sets. The first such basic statement is the following variation around [3, Proposition 10.2.1].

**Lemma 2.4.** *Consider a  $K$ -quasiconvex subset  $Y$  of  $X$ . Then projections  $p_x$  and  $p_y$  on  $Y$  of two points  $x$  and  $y$  satisfy*

$$d(p_x, p_y) \leq \max(5\delta + 2K, d(x, y) - d(x, p_x) - d(y, p_y) + 10\delta + 4K).$$

This result expresses the classical fact that a geodesic from  $x$  to  $y$  essentially follows a geodesic from  $x$  to  $p_x$ , then from  $p_x$  to  $p_y$ , then from  $p_y$  to  $y$ .

The second result we need is more sophisticated. Instead of a linear gain in terms of the distance to the set one projects on, as in the previous lemma, it gives an exponential gain in the upper bound, by a successive reduction process. It is proved by putting points along the path with gaps of size  $10\delta$ . Then, move by  $5\delta$  towards  $Y$ : this reduces the distance between the points by  $5\delta$  essentially thanks to the previous lemma. Then, discard half the points: this shows that by moving towards  $Y$  by  $5\delta$  the length of the path has been divided by 2. One can iterate this argument to get the exponential gain. We give a statement for the projection on quasiconvex sets as this is what we will need later on. This statement is proved in [5, Lemma 10] for the projection on a geodesic segment, but the case of a general quasiconvex set is analogous.

**Lemma 2.5.** Consider a  $(\lambda, C)$ -quasi-geodesic path  $f : [a, b] \rightarrow X$ , everywhere at distance at least  $D$  of a  $K$ -quasiconvex subset  $Y$ . Then, if  $D \geq 15/2 \cdot \delta + K + C/2$ , projections  $p_a$  of  $f(a)$  and  $p_b$  of  $f(b)$  on  $Y$  satisfy the inequality

$$d(p_a, p_b) \leq 2K + 8\delta + \max \left( 5\delta, 4\sqrt{2}\lambda(b - a) \exp \left( -(D - K - C/2) \log(2)/(5\delta) \right) \right).$$

Using these results, we can prove Lemma 2.3.

**Proof of Lemma 2.3.** For  $k \geq 0$ , let  $V_k$  denote the  $(2^k - 1)d^-$ -neighborhood of  $H$ . These sets are all  $8\delta$ -quasiconvex. We recall that  $p(f(x))$  is a projection of  $f(x)$  on  $H$ . Let  $p_k(x)$  denote the point on a fixed geodesic between  $p(f(x))$  and  $f(x)$  at distance  $\min((2^k - 1)d^-, d(p(f(x)), f(x)))$  of  $p(f(x))$ . Then  $p_k(x)$  is a projection of  $f(x)$  on  $V_k$ , and moreover these projections are compatible in the following sense: for  $k \leq \ell$ , then  $p_k(x)$  is a projection of  $p_\ell(x)$  on  $V_k$ . Moreover,  $p_0(x) = p(f(x))$ .

We will do an inductive construction over  $k$ . This construction will have to stop at some step, where it will give the desired points. Until the argument stops, we will construct a point  $x_k \in [u^-, y^-]$  such that

$$d(p_k(u^-), p_k(x_k)) \geq L - 8\delta \tag{2.8}$$

and

$$\text{for all } w \in [u^-, x_k], d(f(w), p_0(w)) \geq (2^{k+1} - 1)d^-. \tag{2.9}$$

Let us first check that this property holds for  $k = 0$ . Take  $x_0 = y^-$ . The point  $\pi_z$  is a projection of  $f(z)$  on the geodesic  $G$  between  $f(u^-)$  and  $f(u^+)$ . This does not imply that the projection  $p_0(u^-)$  of  $f(u^-)$  on the geodesic  $H$  between  $\pi_z$  and  $f(z)$  is exactly at  $\pi_z$  (contrary to the situation in the Euclidean plane), but by hyperbolicity one checks that  $d(\pi_z, p_0(u^-)) \leq 4\delta$  (this is a version of [5, Lemma 3]). Since  $d(\pi_z, p_0(y^-)) \in [L - 4\delta, L]$  by (2.3) and  $x_0 = y^-$ , we deduce that  $d(p_0(u^-), p_0(x_0)) \geq L - 8\delta$ . This is (2.8). Moreover, by definition of  $d^-$ , the inequality (2.9) holds for  $k = 0$ .

Assume now that (2.8) and (2.9) hold at  $k$ . We will show that either we can find a pair of points that satisfy the conclusion of the lemma, or we can construct a point  $x_{k+1}$  such that (2.8) and (2.9) hold at  $k + 1$ .

As  $V_k$  is  $8\delta$ -quasiconvex, we deduce from Lemma 2.2 that the gaps of the closest-point projection  $p_k$  are bounded by  $20\delta$ . Therefore, we can find a point  $x_{k+1} \in [u^-, x_k]$  whose projection on  $V_k$  satisfies

$$d(p_k(u^-), p_k(x_{k+1})) \in [22\delta, 42\delta], \tag{2.10}$$

and moreover all points  $w \in [u^-, x_{k+1}]$  satisfy

$$d(p_k(u^-), p_k(w)) \leq 42\delta. \tag{2.11}$$



There are two cases to consider:

If there exists  $v \in [u^-, x_{k+1}]$  with  $d(f(v), p_0(v)) \leq (2^{k+2} - 1)d^-$ . Then we claim that the pair  $(v, x_k)$  satisfies the conclusion of Lemma 2.3, for  $d' = 2^k d^-$ . First, the inequalities  $d' \geq d^-$  and  $d(f(v), p_0(v)) \leq 4d'$  hold by construction. Moreover,  $d(p_k(v), p_k(x_k)) \geq L - 50\delta$  as  $p_k(x_k)$  is far from  $p_k(u^-)$  by (2.8), and  $p_k(v)$  is close to  $p_k(u^-)$  by (2.11). As all intermediate points are at distance at least  $(2^{k+1} - 1)d^-$  of  $V_0$  by (2.9), they are at distance at least  $2^k d^-$  of  $V_k$  and we can apply the exponential contraction Lemma 2.5 with  $D = 2^k d^-$ . As  $V_k$  is  $8\delta$ -quasiconvex, we get

$$L - 50\delta \leq d(p_k(v), p_k(x_k)) \leq 24\delta + \max\left(5\delta, 4\sqrt{2}\lambda(x_k - v) \exp\left(- (2^k d^- - 8\delta - C/2) \log(2)/(5\delta)\right)\right).$$

As  $L - 50\delta > 29\delta$ , the maximum has to be realized by the second term. Moreover,  $2^k d^- - 8\delta - C/2 \geq (2^k d^-)/2 = d'/2$ , as  $d^- \geq D + C = 100\delta + C$ . We obtain

$$L - 74\delta \leq 4\sqrt{2}\lambda(x_k - v) \exp\left(-d' \log(2)/(10\delta)\right). \tag{2.12}$$

This concludes the proof in this case.

Otherwise,  $d(f(w), p_0(w)) \geq (2^{k+2} - 1)d^-$  for all  $w \in [u^-, x_{k+1}]$ . In this case, (2.9) holds for  $k + 1$ . Let us check that (2.8) also holds for  $k + 1$ , by applying the projection Lemma 2.4 to the points  $p_{k+1}(u^-)$  and  $p_{k+1}(x_{k+1})$ , which project respectively to  $p_k(u^-)$  and  $p_k(x_{k+1})$  on  $V_k$ . As  $V_k$  is  $8\delta$ -quasiconvex, this lemma gives

$$d(p_k(u^-), p_k(x_{k+1})) \leq \max(21\delta, d(p_{k+1}(u^-), p_{k+1}(x_{k+1})) - d(p_{k+1}(u^-), p_k(u^-)) - d(p_{k+1}(x_{k+1}), p_k(x_{k+1})) + 42\delta).$$

As  $d(p_k(u^-), p_k(x_{k+1})) \geq 22\delta$  by (2.10), the maximum has to be realized by the second term. Both distances  $d(p_{k+1}(u^-), p_k(u^-))$  and  $d(p_{k+1}(x_{k+1}), p_k(x_{k+1}))$  are equal to  $2^k d^-$ . We obtain

$$2 \cdot 2^k d^- - 20\delta \leq d(p_{k+1}(u^-), p_{k+1}(x_{k+1})).$$

As  $d^- \geq D = 100\delta$ , the left hand side is  $\geq L - 8\delta = 92\delta$ . This concludes the proof of (2.8), and of the induction.

Finally, if the conclusion of the lemma does not hold, then the induction will go on forever. Taking in particular  $w = u^-$  in (2.9), we get  $d(f(u^-), p_0(u^-)) \geq (2^{k+1} - 1)d^-$  for all  $k$ , a contradiction.  $\square$

Here are some ways to optimize the proof to get better constants. In addition to multiple minor optimizations, let us mention the main ones:

- The set  $V_0$  is 0-quasiconvex, not only  $8\delta$ -quasiconvex. This means that estimates in the proof of Lemma 2.3 are better for  $k = 0$ . There is a different source of gain for  $k > 0$ , thanks to the factor  $2^k$ . Separating the two cases improves the final constant.
- There is an exponential gain in (2.12). One can spend some part of this gain, say  $\exp(-(1 - \alpha)d' \log(2)/(10\delta)) \leq \exp(-(1 - \alpha)D \log(2)/(10\delta))$  to improve the multiplicative constant, and use the remaining part  $\exp(-\alpha d' \log(2)/(10\delta))$  for the induction (for a suitable value of  $\alpha$ ).
- Instead of formulating the induction in terms of the distance from  $f(z)$  to a geodesic  $G$  between  $f(u^-)$  and  $f(u^+)$ , it is more efficient to induce over the Gromov product  $(f(u^-), f(u^+))_{f(z)}$  (which coincides with the distance  $d(f(z), G)$  up to  $2\delta$ ) as most inequalities are done in terms of Gromov products. The main interest of this change is that, with the current argument, the point  $f(u^-)$  projects on  $H$  between  $\pi_z$  and  $f(z)$  within distance  $4\delta$  of  $\pi_z$ , which means there is a small loss. With the Gromov product approach, let  $m$  denote the point on  $G$  which is opposite to  $f(z)$  in the triangle  $[f(z), f(u^-), f(u^+)]$ , i.e., it is on  $G$  at distance  $(f(z), f(u^+))_{f(u^-)}$  of  $f(u^-)$  and at distance  $(f(z), f(u^-))_{f(u^+)}$  of  $f(u^+)$ . Let  $\pi_z$  denote the point on a geodesic  $H$  from  $f(z)$  to  $m$  at distance  $(f(u^-), f(u^+))_{f(z)}$  of  $f(z)$ . This point is within distance  $2\delta$  of  $m$ . It turns out that the projection of  $f(u^-)$  on  $H$  is between  $m$  and  $\pi_z$ , i.e., opposite from  $f(z)$ . The above loss is suppressed in this approach.
- Finally, one can choose freely  $L$ ,  $D$  and  $\alpha$  within some range. In particular,  $L$  and  $D$  do not have to coincide. One can optimize numerically over these parameters to get the best possible bound. In the end, we take  $L = 18\delta$  and  $D = 55\delta$  and  $\alpha = 12/100$  to get the value 92 in Theorem 1.1.

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