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1 **Quantum de-trapping and transport of heavy defects in tungsten**

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25

26 The diffusion of defects in crystalline materials¹ controls macroscopic behaviour of a
27 wide range of processes, including alloying, precipitation, phase transformation, and
28 creep². In real materials, intrinsic defects are unavoidably bound to static trapping
29 centres such as impurity atoms, meaning that their diffusion is dominated by de-
30 trapping processes. It is generally believed that de-trapping occurs only by thermal
31 activation. Here, we report the direct observation of the quantum de-trapping of
32 defects below around 1/3 of the Debye temperature. We successfully monitored the
33 de-trapping and migration of self-interstitial atom clusters, strongly trapped by
34 impurity atoms in tungsten, by triggering de-trapping out of equilibrium at cryogenic
35 temperatures, using high-energy electron irradiation and in-situ transmission electron
36 microscopy. The quantum-assisted de-trapping leads to low-temperature diffusion
37 rates orders of magnitude higher than a naive classical estimate suggests. Our analysis
38 shows that this phenomenon is generic to any crystalline material.

39

40

41 Under high-energy irradiation (or extreme mechanical deformation), atoms in a
42 crystal can be displaced significantly from their lattice positions, forming vacancy and
43 self-interstitial atom (SIA) defects. These are ultimately responsible for severe
44 degradation of the mechanical properties of materials, such as hardening, swelling,
45 and embrittlement³. Understanding the basic mechanisms controlling the formation
46 and diffusion of defects⁴⁻⁶ is critical for the development of future next-generation
47 energy systems.

48

49 In the field of material science, to the best of our knowledge, all the observed
50 migration processes of species heavier than H or He^{7,8} have been interpreted as

51 resulting from thermal activation characterized by the Arrhenius rate⁹, or phonon
52 dragging^{10,11}. No apparent quantum effects have been detected¹², although they have
53 been theoretically considered for SIAs¹³⁻¹⁵ and screw dislocations¹⁶. Quantum effects
54 have also been observed on metal surfaces¹⁷. We focus here on the low temperature
55 diffusion of SIA clusters in tungsten as a model for crystal defects in heavy-atom
56 systems.

57

58 The lowest-energy SIA configuration in tungsten (and other non-magnetic body-
59 centred-cubic (bcc) transition metals) is a $\langle 111 \rangle$ crowdion, in which atomic
60 displacements are confined almost entirely to a $\langle 111 \rangle$ string containing an extra atom.
61 The defect is delocalized: it involves many more than one atom, as the displacement
62 field is spread down the string, resulting in very low barriers to translation (known as
63 *Peierls* barriers, see [Supplementary Discussion 1a](#) and [Fig. ED1](#)). Hence crowdions
64 perform one-dimensional (1D) diffusion along their axis with a low (meV scale)
65 activation energy^{10,18,19}. Similarly to single crowdions, SIA clusters in the form of $\mathbf{b} =$
66 $\frac{1}{2}\langle 111 \rangle$ dislocation loops undergo 1D glide diffusion in the direction of the Burgers'
67 vector \mathbf{b} . This phenomenon has been studied using classical molecular dynamics
68 simulations (MD)²⁰⁻²⁴ and transmission electron microscopy (TEM)^{5,25} for α -iron and
69 other metals and alloys.

70

71 According to MD studies, the activation energy (Peierls barrier) for cluster diffusion
72 is less than 0.1 eV^{20,22}, meaning they are thermally mobile even at very low
73 temperatures. In any real material however, impurity atoms (mainly carbon and
74 nitrogen) act as traps by binding to the clusters. Vacancies (expected at high density
75 under irradiation) will mutually annihilate with SIAs at the cluster boundary.

76

77 Previous studies, using resistivity recovery and internal friction experiments⁹, have
78 shown that low-temperature cluster migration in tungsten (and other bcc metals) is
79 strongly influenced by the concentration of impurity atoms²⁶⁻²⁸.

80

81 These traps are deep enough (~ 1 eV, see [Supplementary Discussion 1b](#) and [Fig. ED2](#))
82 to prevent TEM observation of the clusters' thermal escape and subsequent motion on
83 experimental timescales, even at 300 K, and they remain immobile. To overcome this,
84 we used the electron beam in transmission electron microscopes such as a high-
85 voltage electron microscope (HVEM) to enhance the vacancy mobility and reduce the
86 effective trap depth. In the absence of the electron beam, vacancies are immobile up
87 to 620-900K⁹, but in our experiment, the momentum imparted by the incident
88 electrons moves the vacancies up to 100 times per second. The experimental system is
89 shown schematically in [Fig. 1](#), and operates as follows.

90

91 First, a high energy (2000 keV) electron beam is used to create displacement damage,
92 vacancies and SIAs at 105 K, before aging at 300 K. This allows the SIA clusters to
93 nucleate and grow to nanoscale, with impurities bound to their perimeters (where the
94 binding energy is greatest). At these temperatures, the vacancies are thermally
95 immobile and remain dispersed throughout the sample. A lower energy (100-1000
96 keV) electron beam is then turned on to illuminate the sample. The energy of incident
97 electrons is too low to create additional vacancies and SIAs, but high enough to
98 athermally move the existing vacancies (see [Methods](#)). Under the beam, the
99 previously trapped clusters begin to move ([Fig. 1](#); [Supplementary Video 1](#)). The
100 principal quantity we monitor is the cluster motion frequency. The precise definition

101 of this quantity, together with its dependence on the experimental irradiation
102 conditions, is given in [Methods](#) and illustrated in [Fig. 2](#). Perhaps the most striking
103 feature of our study is the possibility to resolve the SIA clusters' thermal and
104 quantum-mechanical motion, even in the presence of a flux of vacancies. In [Methods](#)
105 we describe in detail how this is achieved.

106 The key features of the observed motion of SIA clusters are as follows: Firstly, hops
107 are rare events, i.e. the clusters spend far more time being trapped than travelling
108 between traps. Secondly, clusters sometimes move back and forth between fixed
109 points in the sample. Thirdly, clusters are observed to shrink under the beam. Fourthly,
110 motion frequency depends strongly on temperature. The first and second key features
111 tell us that the clusters are escaping from the impurity traps, moving quickly through
112 the lattice before being subsequently trapped again. The third key feature tells us how
113 this occurs: the radiation-mobilized vacancies move through the crystal, attracted to
114 the areas of highly compressive strain at the cluster boundaries. Here they annihilate
115 with the SIAs at the cluster boundaries, reducing the size of the cluster, and increasing
116 the separation between the impurity atom and the cluster boundary. The impurity-
117 cluster interaction is strong but short-ranged (see [Supplementary Discussion 1b](#) and
118 [Fig. ED2](#)), and rapidly vanishes over only a few lattice spacings, so that the traps are
119 now much shallower, and making cluster escape easier ([Fig. 2abc](#)). We now turn to
120 the fourth key feature, the temperature dependence, which demonstrates that the low
121 temperature escapes are quantum mechanical in nature. It is noted that, for this
122 purpose, we set the experimental system so that the cluster escape processes by the
123 direct electron collision with a cluster itself²⁹ or the impurity that traps the cluster³⁰
124 can be neglected ([Methods](#)).

125

126 [Figure 3](#) is an Arrhenius plot showing the logarithm of the motion frequency vs.
127 inverse temperature. Hops due to thermal escape from potential wells of depth
128 $\Delta V \gg k_B T$ have a characteristic rate $\propto \exp(-\Delta V/k_B T)$, corresponding to a straight
129 line on an Arrhenius plot. This appears to be the case at higher temperatures $T \geq 50$ K
130 and the slope suggests that ΔV is higher than 10 meV. As temperature is reduced, 17
131 $K \leq T \leq 50$ K, the slope flattens as the de-trapping mechanism changes from classical
132 thermal escape to temperature-independent quantum mechanical diffusion.

133

134 The measured rates result from three independent processes: the athermal radiation-
135 driven vacancy migration under the beam (rate Γ_{vac}), the fluctuation-driven escape of
136 the cluster from the trap (depth ΔV_{trap} , rate Γ_{trap}), and finally the traversal of the Peierls
137 barrier intrinsic to the crystal (depth ΔV_p , rate Γ_p) (see [Methods](#)).

138

139 [Figure 3a](#) shows attempted classical fits for all barriers
140 $10\text{meV} \leq \Delta V = \Delta V_p + \Delta V_{\text{trap}} \leq 90\text{meV}$. Note that the Peierls traversal rate is non-
141 Arrhenius (since ΔV_p is not more than $k_B T$, see [Methods](#)), but no possible classical
142 form for the rate can explain the observed values. (We are able to state with
143 confidence that the sample temperatures continue to decrease below 50 K, and are not
144 significantly affected by beam heating – see [Supplementary Discussion 2 and Fig.](#)
145 [ED3](#)).

146

147 In [Fig. 3b](#), we use a quantum mechanical form for the escape rate Γ^{QM} , derived from
148 the quantized nature of the crystal phonons (see [Methods](#)). These obey the Bose-
149 Einstein rather than the Boltzmann statistics, and their zero-point fluctuations increase
150 the average energy available for the cluster to overcome the barrier, thus increasing

151 the low temperature rates, in excellent agreement with experimental observations.
152 Moreover, the same quantum rates simultaneously fit two independent datasets,
153 acquired at two different electron accelerating voltages. This proves that the same
154 fundamentally quantum mechanism explains both datasets.

155

156 We are able to obtain acceptable fits for all barriers between 10 and 90 meV. To
157 narrow this down, we consider the critical temperature τ_c below which classical
158 physics breaks down (see [Methods](#)). This depends on the barrier height: [Figure 2](#)
159 shows that the 90 meV fit clearly failing below 140 K, whereas the 10 meV one
160 appears reasonable down to around 50 K. τ_c depends on the phonon density of states,
161 and is estimated³¹ to be 101 K for pure tungsten (about 1/3 of the Debye temperature).
162 Fitted values for τ_c are also shown in [Fig. 3](#), and the value of 101 K is consistent with
163 a barrier height of 30 – 44 meV. We note that the resistivity recovery and internal
164 friction experiments correspond to the barrier height of 15 – 60 meV^{9,26-28}.

165

166 Other manifestations of quantum behaviour are in principle possible, in particular the
167 deep tunneling of the entire cluster. However, fitting the data to this functional form
168 requires unrealistic values for the cluster's effective mass (see [Methods](#)), and we
169 conclude that, over the range of temperatures probed by our experiments, quantized
170 phonons facilitating the clusters' escape from traps that are 30 – 44 meV deep provide
171 the optimal explanation of the data.

172

173

174 In this study we have performed the direct investigation of cryogenic defect diffusion
175 using in-situ TEM. Our unique experimental system allowed us to manipulate the

176 effective potential wells encountered by SIA clusters, reducing their depth until we
177 could probe the quantum mechanical nature of their de-trapping. The quantum
178 transport becomes dominant below around $1/3$ of the Debye temperature. Moreover,
179 the observed behaviour derives from quantized phonons, which drive the stochastic
180 fluctuations of objects that are themselves too heavy to tunnel significantly. This
181 likely affects the low temperature transport of defects in many crystalline materials.
182 Our results also demonstrate the importance of quantum effects for low temperature
183 defect evolution even in heavy atom systems.

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266

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285

286 **Author contributions**

287 K.A., M.C.M. and L.P. designed the study. K.A., T.Y., T.A., S.A., Y.Y., K.H., N.T., H.Y., T.Y. and
288 H.M. performed the experiments. M.C.M., S.P.F., L.P., D.N.M., A.M.G., S.L.D., P.W.M. and T.D.S.
289 performed the theoretical works. K.A., M.C.M., S.P.F., and S.L.D. wrote the main draft. All authors
290 discussed the results and commented on the manuscript.

291

292 **Additional information**

293 Supplementary information is available in the online version of the paper. Reprints and permissions
294 information is available online at www.nature.com/reprints. Correspondence and requests for materials
295 should be addressed to K.A.

296

297 **Competing financial interests**

298 The authors declare no competing financial interest.

299

300 **METHODS**

301 **Specimen preparation.** We cut (011) discs from one grain of an ingot of high-purity
302 coarse-grained polycrystalline tungsten (99.9999 mass % JX Nippon Mining &
303 Metals Co., Tokyo, Japan; impurity amounts of the ingot are given in Ref. [32]). The
304 discs were thinned to 0.1mm, using spark erosion and mechanical polishing, then
305 perforated at the centre by electropolishing so the periphery of the hole became cross-
306 sectionally wedge-shaped for TEM observations.

307

308 **Production of SIA clusters.** We used high-energy electron irradiation in a HVEM
309 (Hitachi H-3000) to create SIAs and vacancies in the thin foil specimens. The
310 acceleration voltage was 2000 kV, and a temperature of 105 K was maintained using
311 a liquid-nitrogen-cooled specimen holder (Oxford Instruments). We note that the
312 thermal migration of vacancies is frozen at temperatures below 620-900 K⁹. The beam
313 flux was $1 \times 10^{24} \text{ m}^{-2}\text{s}^{-1}$, and the dose was $4 \times 10^{25} \text{ m}^{-2}$.

314 During 2000-keV electron irradiation, pairs of SIAs and vacancies are produced³³ via
315 knock-on displacement. Based on our recent work^{19,32}, the point defect reactions
316 proceed as follows: most of the highly mobile 1D-moving SIAs react with vacancies,
317 or escape to the foil surface, where they are annihilated. Surviving SIAs bind to
318 impurity atoms and form embryonic SIA clusters, that grow by absorbing other SIAs,
319 and take the form of $\mathbf{b} = \frac{1}{2}\langle 111 \rangle$ dislocation loops. These clusters are intrinsically
320 highly mobile, yet they are trapped by impurities and remain stationary. Vacancies
321 that do not react with SIAs accumulate throughout the irradiated area of the specimen.

322 Using TEM, the average size and density of the SIA formed clusters under the above
323 condition were found to be approximately 3-4 nm and $4 \times 10^{22} \text{ m}^{-3}$, respectively.
324 Accumulated vacancies are not visible in the TEM. After the irradiation, the specimen
325 was aged at approximately 300 K. This allows the clusters trapped by weak impurity
326 atoms with shallow potential wells to thermally escape and move, leading to
327 coalescence with other clusters³⁴, escape to the specimen surfaces, or to trapping by
328 stronger impurities with deeper wells. However, even after aging for several months,
329 we did not see any significant change in the cluster density, demonstrating that
330 thermal escape of SIA clusters from the deeper wells hardly occurs even at 300 K.

331

332 **TEM observation of the 1D motion of SIA clusters in response to high-energy**

333 **electron irradiation.** We then used the electron beam to induce the vacancy mobility,
334 with acceleration voltages of 100, 150, 300, 500 (Hitachi H-9000UHV), 1000, and
335 2000kV (H-3000) – all except 2000kV are below the threshold for point defect
336 generation in tungsten³³. Additional very intense irradiations were carried out at
337 1000kV using a JEOL JEM 1000K RS. Beam fluxes ranged from 5×10^{22} to 2×10^{25}
338 $\text{m}^{-2}\text{s}^{-1}$, and temperatures ranged from 17-300 K (where no thermal migration of
339 vacancies takes place⁹). We achieved these temperatures using liquid-helium-cooled
340 specimen holders (Oxford Instruments), in which the temperature is measured with a
341 thermocouple attached to the specimen mount, so the measured temperature is the
342 average over the whole specimen.

343 The specimen thickness ranged from 50 to 70 nm (measured using equal-thickness
344 fringes³⁵). The observations were carried out using the weak-beam dark-field
345 technique³⁶ with a reflection of $\mathbf{g} = 200$. Under this condition, all SIA clusters in the
346 form of prismatic dislocation loops with a $\mathbf{b} = \frac{1}{2}\langle 111 \rangle$ type Burgers vector and a
347 diameter greater than approximately 2 nm were imaged. The dynamic response of the
348 clusters was monitored and recorded with CCDs having frame rates of 30 fps for H-
349 9000UHV and H-3000, and 15 fps for JEM 1000K RS.

350 We define the motion frequency of the clusters as the ratio of the number of cluster
351 hops observed per unit time divided by the number of observable clusters, i.e. the
352 average motion frequency of individual SIA clusters.

353

354 **Motion frequency and the ballistic and kinetic rates of SIA clusters.** Our
355 experiments measure the average motion frequency of SIA clusters under electron
356 irradiation as simultaneously observed in the transmission electron microscopes. The
357 average motion frequency at irradiation (observation) time t is defined as $\nu_{\text{MF}}(t) =$
358 $n_{\text{m}}/(n \Delta t)$: the ratio of the number of clusters that move (n_{m}) divided by the total
359 number of observed clusters (n) in the observation duration Δt .

360 The measured rates ν_{MF} are the combined results of motion induced by directly by the
361 irradiation, and stochastic motion induced by the underlying phonon bath.
362 Consequently, the motion frequency is impacted by irradiation conditions, in
363 particular the electron beam flux Φ and energy E . The temperature T also influences
364 the experimental observations through the phonon bath, meaning that the motion
365 frequency is a function defined on a 4 dimensional space $\nu_{\text{MF}}(t, T, \Phi, E)$. [Figure 3](#)
366 illustrates the temperature dependence, and [Fig. 2d-g](#) shows the behaviour of the

367 motion frequency with respect to the other variables. Here we derive an expression
 368 for the motion frequency in the context of the experiments.

369 Detailed experimental analysis suggests that the shrinkage of the clusters (Fig. 2a)
 370 originates from irradiation-induced vacancy motion (Fig. 2b). Since the impurities are
 371 immobile, the erosion of the clusters by the vacancies increases the distance between
 372 them and the impurities, which leads to the de-trapping of the clusters from the
 373 impurities. We call this mechanism of the cluster de-trapping by this process the
 374 *indirect de-trapping mechanism*. Since it depends on the radiation-mobilized
 375 vacancies eroding the SIA clusters, the cluster motion frequency is proportional to the
 376 vacancy concentration, c_V . These vacancies are absorbed by the clusters, and other
 377 sinks such as the specimen surface, at a rate proportional to the concentration of
 378 vacancies itself: $\dot{c}_V \propto -c_V$. As long as no new Frenkel pairs are created, this leads to
 379 an exponential decay of vacancy concentration as a function of time, and the
 380 corresponding variation of the cluster motion frequency. This is precisely what we
 381 find in Fig. 2cd, in the limit of short observation time.

382 In the indirect mechanism, cluster de-trapping is also impacted by the thermal rate at
 383 which the clusters escape from the impurities. At a given cluster-impurity separation,
 384 d_k , sufficiently large that the trapping energy is low, the thermal escape rate Γ_{th}^k is
 385 governed by the cluster-impurity trapping energy ΔV_{trap}^k for that distance (see next
 386 section). If we have n_k cluster-impurity sets at given cluster-impurity separation d_k ,
 387 then the number of clusters that jump within the observation time is $a c_V n_k \Gamma_{th}^k \Delta t$.
 388 Prefactor a accounts for the effect of the beam flux and energy on the observations.

389 Since the incident electron energy is high, what we call the *direct de-trapping*
 390 *mechanism* – direct collision of the electron with a cluster itself²⁹ or the impurity that
 391 traps the cluster³⁰ – can also release the cluster. The de-trapping rate Γ_d associated with
 392 this direct mechanism is independent of temperature and uniform in time, depending
 393 only on the concentration of cluster-trapping impurities and the flux and energy of the
 394 electrons. The probability of releasing a cluster from an impurity via the direct
 395 mechanism is $n \Gamma_d \Delta t$.

396 Consequently, the measured motion frequency can be written as

$$v_{MF} = \frac{n_{indirect} + n_{direct}}{n \Delta t} = \frac{\sum_k a c_V n_k \Gamma_{th}^k(T) \Delta t + n \Gamma_d \Delta t}{n \Delta t}$$

397 Or, in a simpler form, if we assume that in the system the initial vacancy density
 398 $c_V(0)$ decreases in time with a decay factor α_V :

$$\nu_{\text{MF}} \sim \sum_k a c_V(0) e^{-\alpha_v t} \frac{\Gamma_{\text{th}}^k(T) n_k}{n} + \Gamma_d = e^{-\alpha_v t} \left[\sum_k a c_V(0) \frac{\Gamma_{\text{th}}^k(T) n_k}{n} \right] + \Gamma_d$$

399 This theoretical expression for the motion frequency is fully compatible with all the
400 experimental evidence described in the body of the paper and illustrated in Fig. 2.

401 Firstly, the experimental observations shown in Fig. 2de indicate that the motion
402 frequency decreases exponentially in time, and after several hundred seconds, the
403 frequency's exponential decay becomes a constant plateau. This reflects the local
404 exhaustion of vacancies near the clusters, and the transition to de-trapping by direct
405 electron impacts, through what we term the direct mechanism. The $t \rightarrow \infty$ limit
406 corresponds to the frequency of de-trapping events associated with the direct
407 mechanism $\nu_{\text{MF}} \rightarrow \Gamma_d$. On the other hand, in the limit of $t \rightarrow 0$:

$$\nu_{\text{MF}}(t \rightarrow 0) = \left[\sum_k a_k c_v(0) \frac{\Gamma_{\text{th}}^k(T) n_k}{n} \right] + \Gamma_d \sim \text{const} \times \Gamma_{\text{th}}^0(T) + \Gamma_d,$$

408 we have access, up to multiplicative (const) and additive (Γ_d) constants, to the
409 dominant thermal/quantum rate $\Gamma_{\text{th}}^0(T)$ on the nature of which, classical or quantum,
410 our study is focused. We note that the higher the beam energy, the greater is the part
411 played by the direct mechanism of de-trapping, and the sooner the hopping rate
412 reaches the asymptotic value. The plateaus are also higher for higher beam energies,
413 reflecting the direct mechanism's expected variation as a function of the incident
414 electron beam energy.

415 Secondly, Fig. 2f shows the cluster motion frequency's strong dependence on the
416 beam intensity at 300 kV, clearly illustrating a role the irradiation contributes through
417 the multiplicative constants. Note that no further Frenkel pairs are created if the beam
418 energy is at or below 1000 kV.

419 Finally, Fig. 2g shows the electron energy dependence of $\nu_{\text{MF}}(t \rightarrow 0, E)$, together
420 with the athermal radiation-driven vacancy migration rate under the beam Γ_{vac} . The
421 Γ_{vac} value is proportional to the product of beam flux and the cross section for
422 radiation induced vacancy migration³⁷,

$$\sigma_{\text{mig}} \approx \int_{E_{\text{mig}}^V}^{E_{\text{K,max}}} \frac{E_{\text{K}}}{E_{\text{mig}}^V} \frac{d\sigma}{dE_{\text{K}}} dE_{\text{K}},$$

423 where E_{K} is the kinetic energy transferred from an incident electron to a tungsten
424 atom neighbouring a vacancy, E_{mig}^V is the vacancy migration energy (1.78 eV³⁸), and
425 $d\sigma$ is the differential cross section for the electron-tungsten atom collision calculated

426 using the McKinley-Feshbach formula³⁹. The high degree of correlation between the
427 two is abundantly clear, providing a further confirmation of the vacancy origin of the
428 indirect mechanism of cluster de-trapping and migration.

429 A natural question is whether this approach has sufficient accuracy to reveal the
430 classical or quantum nature of the cluster migration rate. The quantity of interest is the
431 logarithm of the motion frequency, which can be written as:

$$\ln \nu_{\text{MF}}(t \rightarrow 0) = \ln[\Gamma_{\text{th}}^0(T) + \Gamma_{\text{d}}] \sim \ln \Gamma_{\text{th}}^0(T) + \frac{\Gamma_{\text{d}}}{\Gamma_{\text{th}}^0(T)}$$

432 The second term of the right side is easily estimated from the ratio of asymptotic
433 limits $\nu_{\text{MF}}(t \rightarrow 0)/\nu_{\text{MF}}(t \rightarrow \infty)$. This quantity is in the order of 10^{-1} and 10^{-2} at
434 1000 keV and 500 keV, respectively, for 289-298 K (Fig. 2d). Also, it is shown to be
435 no higher than 0.2 at 300 keV even at 31 K (Fig. ED4). This analysis shows that in
436 terms of observed logarithm of $\nu_{\text{MF}}(t \rightarrow 0)$, the effect of direct de-trapping
437 mechanism is visible at the level after the first or even the second place after the
438 decimal point. Hence, the direct and indirect contributions to the motion frequency
439 can be reliably separated.

440 We provide the details of the statistical procedure used for measuring ν_{MF} . One
441 specimen involved 1×10^2 areas for 2000-keV electron irradiation for the SIA cluster
442 production, at maximum. The n value within one area of interest (AOI) centred at a
443 2000-keV electron irradiated area was $(1 - 2) \times 10^2$ for $t = 0$ s. This n value was the
444 practical upper limit under the lowest TEM magnification enabling the observation of
445 the cluster motion. In the time dependence of $\nu_{\text{MF}}(t)$ (Figs. 2de and ED4), matching
446 symbols correspond to the same AOI, and in the beam flux dependence of $\nu_{\text{MF}}(t \rightarrow 0,$
447 $\Phi)$ (Fig. 2f), energy dependence of $\nu_{\text{MF}}(t \rightarrow 0, E)$ (Fig. 2g), and temperature
448 dependence of $\nu_{\text{MF}}(t \rightarrow 0, T)$ (Fig. 3), individual data points correspond to different
449 AOIs. The error in the ν_{MF} value was evaluated under the assumption that both the
450 distributions of n and n_{m} for a given AOI independently obey the Poisson statistics.
451 Then, the error in a measured ν_{MF} value becomes $\nu_{\text{MF}} \sqrt{\frac{1}{n} + \frac{1}{n_{\text{m}}}}$. The data sets for
452 temperature dependence of $\nu_{\text{MF}}(t \rightarrow 0, T)$ under the fixed other conditions (Fig. 3)
453 were acquired from the areas belonging to an identical TEM specimen so that the
454 impurity concentration in the measured areas was very similar level.

455

456 **Diffusion rates in quantum and classical phonon baths.** The archetypal problem of
 457 a particle traversing a potential barrier has been treated exhaustively; see Ref. [40] for
 458 a thorough review. For a barrier height $\Delta V \gg k_B T$, the classical escape rate is given
 459 by the Arrhenius function $\Gamma_{\text{th}}^{\text{cl}} = f_{\text{cl}} \exp(-\Delta V/k_B T)$, where the classical prefactor f_{cl}
 460 can be loosely interpreted as an attempt frequency. As $k_B T$ rises towards ΔV the
 461 Arrhenius function breaks down, and the rate transitions to a form linear in the
 462 temperature^{11,23} (manifested as a sharp steepening on an Arrhenius plot). For barriers
 463 $\Delta V \sim k_B T$ or less, the particle migrates stochastically, being slowed only by the
 464 dissipative coupling between the particle and the underlying phonon bath. This is
 465 quantified by the friction parameter γ , and the rate is proportional to $k_B T/\gamma$ ^{11,23,41}. If
 466 $\Delta V \ll k_B T$, the friction can be absorbed into f_{cl} ^{40,42}. Both standard rate formulae
 467 originate from the classical Boltzmann distribution for the phonons. For clusters
 468 escaping from traps, the barrier to be overcome is $\Delta V = \Delta V_{\text{p}} + \Delta V_{\text{trap}}$, the sum of the
 469 Peierls barrier and the critical binding energy of the impurity or vacancy respectively.
 470 Therefore the diffusion rate is the product of two independent probabilities: the
 471 probability related to the free migration of the SIA cluster through the Peierls
 472 potential in the absence of a trap, and the escape probability from the trap itself:
 473 $\Gamma_{\text{th}}^{\text{cl}}(T) = \Gamma_{\text{p}}(T) \times \Gamma_{\text{trap}}(T)$. $\Delta V_{\text{trap}} \gg k_B T$, so Γ_{trap} is Arrhenius in the classical limit.
 474 Since the Peierls barrier ΔV_{p} for SIA clusters (a.k.a. $\frac{1}{2}\langle 111 \rangle$ loops) is small, i.e. of
 475 order $k_B T$, the total classical rate becomes:

$$\Gamma_{\text{th}}^{\text{cl}}(T) = \text{const.} \times k_B T \times \exp\left(-\frac{\Delta V_{\text{trap}}}{k_B T}\right) \quad (1)$$

476 We note that the constant prefactor above can take on a weak temperature dependence
 477 in other formulations of the rate; we obtain similar fits in either case and our
 478 conclusions are unaffected.

479 The full quantum-mechanical development is more complicated. Here, the Boltzmann
 480 distribution is replaced by either the Bose-Einstein (BE) or Fermi-Dirac distribution,
 481 for bosons or fermions respectively. For tungsten or impurity atoms the ground state
 482 has integer spin and hence obeys Bose-Einstein statistic. A simple way to recover the
 483 BE phonon distribution whilst retaining the form of the classical rate formulae is to
 484 renormalize the temperature to mimic the true quantum statistics^{15,42,43}. Consider a
 485 crystal with periodic boundary conditions represented by N atoms in a box. Imposing
 486 equality of the classical and quantum energies, the (renormalized, effective) classical
 487 temperature and the (true) quantum temperature should be related by the relation:

$$(3N - 3)k_B T_c = \int d\omega \hbar\omega \left(\rho_{\text{BE}}(\omega, T_q) + \frac{1}{2} \right) n(\omega)$$

488 where T_c and T_q are the (renormalized, effective) classical and (true) quantum
 489 temperatures respectively. $n(\omega)$ is the density of states of the phonon gas, normalized
 490 to the number of modes, and $\rho_{BE}(\omega, T)$ is the BE distribution function. Therefore, the
 491 effective classical temperature is a function of the true quantum temperature $T_c =$
 492 $f(T_q)$.

493 For temperatures higher than the Debye temperature T_D , $\hbar\omega \ll k_B T$, the energy of
 494 one oscillator becomes:

$$\hbar\omega \left(\rho_{BE}(\omega, T_q) + \frac{1}{2} \right) \approx \frac{\hbar\omega}{2} + k_B T_q \left(1 - \frac{\hbar\omega}{2k_B T_q} + K \right) = k_B T_q,$$

495 and the classical and quantum temperatures are very close. When the (true) quantum
 496 temperature T_q tends to zero K, the effective classical temperature T_c tends to a finite
 497 limit, capturing the zero point energy:

$$(3N - 3)k_B T_c = \int d\omega \frac{1}{2} \hbar\omega n(\omega)$$

498 The simple form $T_c = \sqrt{\tau_c^2 + T_q^2}$ satisfies these limits (see Fig. ED5). Therefore, the
 499 quantum rates can be estimated by simply renormalizing the temperature in equation
 500 (1) yielding:

$$\Gamma_{th}^{QM}(T) = \text{const.} \times k_B \sqrt{\tau_c^2 + T^2} \times \exp \left(-\frac{\Delta V_{\text{trap}}}{k_B \sqrt{\tau_c^2 + T^2}} \right) \quad (2)$$

501 We also attempted to fit the data with up to three distinct classical barrier escape
 502 mechanisms operating simultaneously. Only the quantum rates explain the observed
 503 temperature dependence.

504 **Quantum TST rates.** For deep tunneling, we computed the rate by numerically
 505 integrating the quantum transition state theory rate expression⁴²

$$\Gamma_{th}^{QTST} = (hZ_0)^{-1} \int W(E) e^{-E/k_B T} dE,$$

506 where h is the Planck constant and $W(E)$ is the transfer integral at energy E for the
 507 sech-squared impurity interaction potential predicted by the Frenkel Kontorova model,
 508 (see Supplementary Discussion 1). The data can be fitted with a barrier height of 55
 509 meV, but requires an unrealistically low effective cluster mass of $m_W/200$ (m_W is the
 510 mass of one tungsten atom). The remaining parameters (potential width and
 511 curvature) are fixed by the Arrhenius limit, which applies to the highest temperature

512 points in the dataset.

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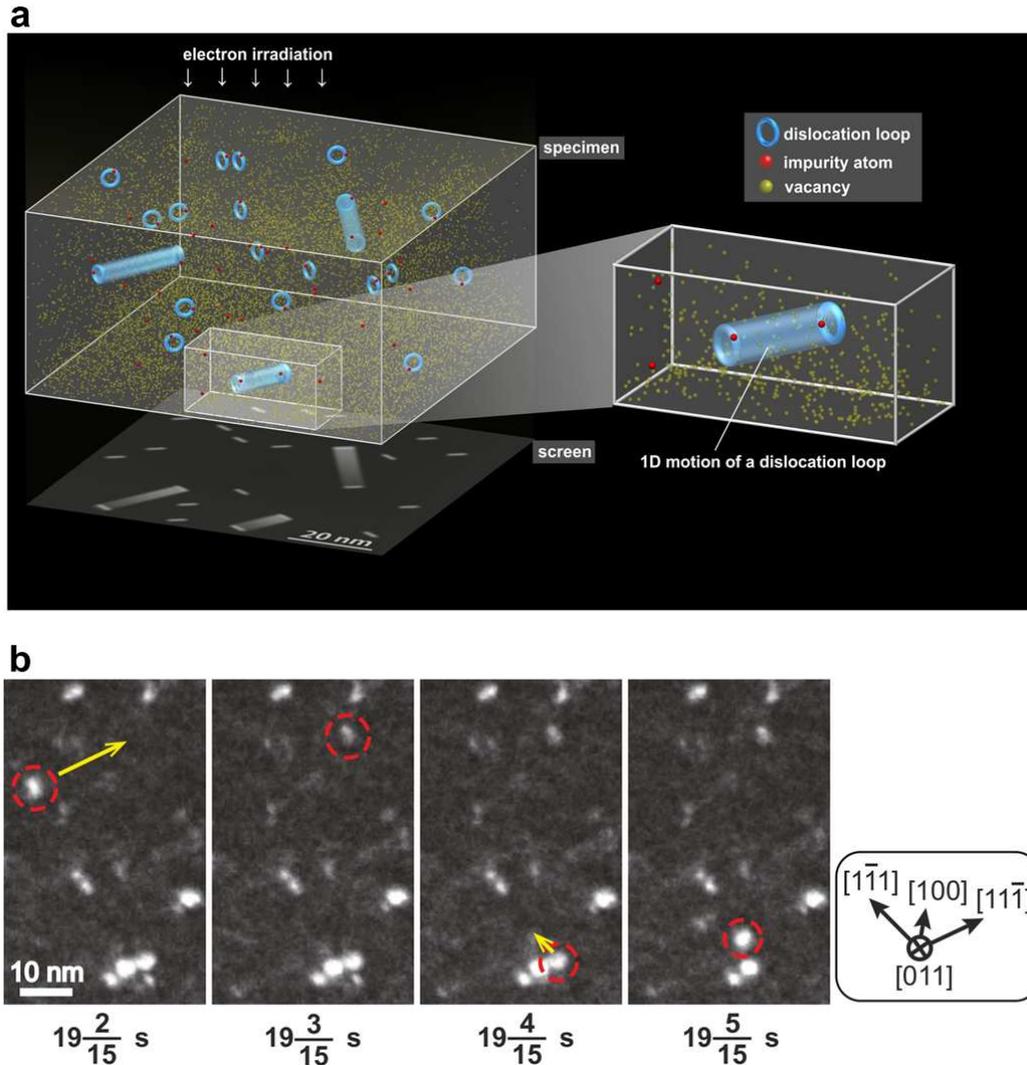
514 **Data availability**

515 The data generated and/or analysed within the current study will be made available
516 upon reasonable request to the corresponding author.

517

518 **References**

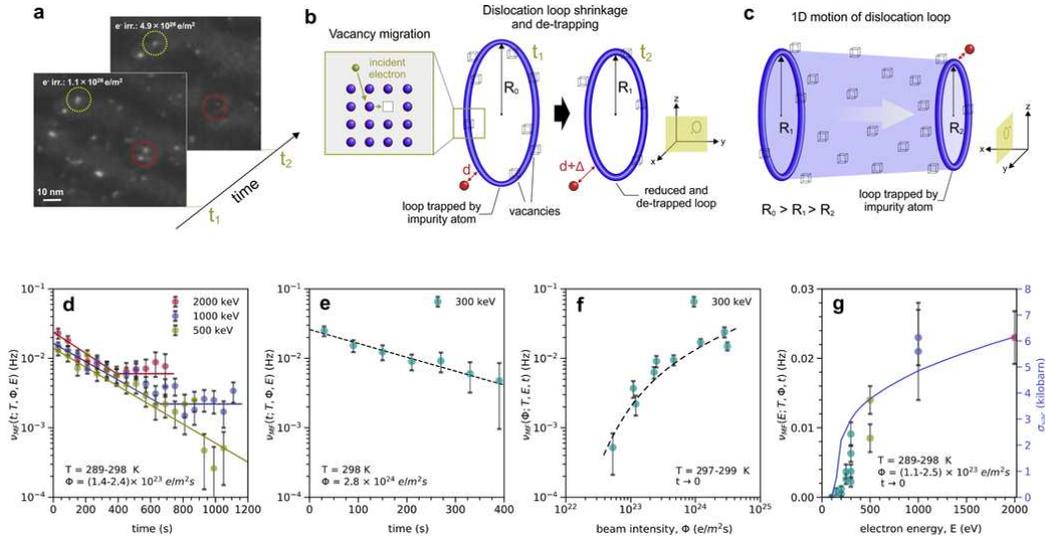
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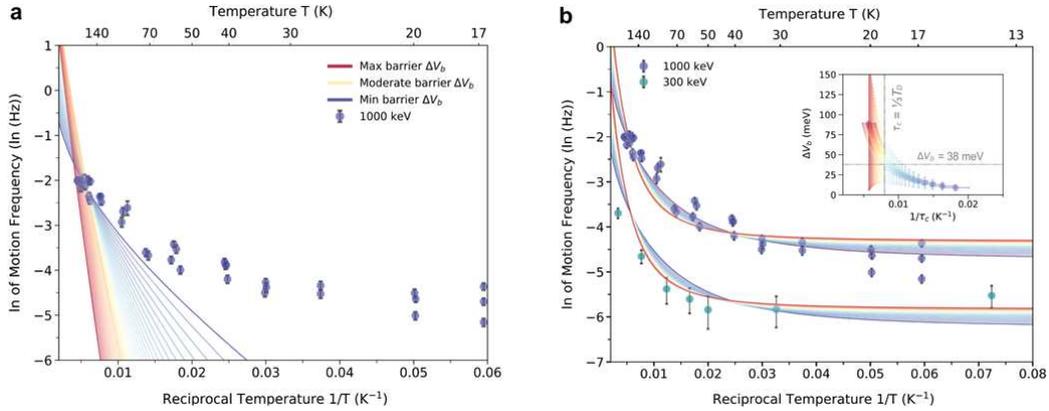
554 **Figure 1 | 1D SIA cluster motion.** **a**, Experimental setup. In a high-purity tungsten
 555 specimen, SIA clusters in the form of nanoscale $\frac{1}{2}\langle 111 \rangle$ dislocation loops are trapped
 556 by impurity atoms at their boundary. **b**, High-energy electron irradiation enables
 557 clusters to escape, and subsequently undergo fast 1D glide diffusion before being
 558 trapped by other impurity atoms. This 1D motion was monitored simultaneously
 559 (acceleration voltage: 1000 kV; beam intensity: $2 \times 10^{25} \text{ m}^{-2}\text{s}^{-1}$; temperature: 260 K,
 560 see [Supplementary Video 1](#)). Circled clusters move in the directions indicated by
 561 arrows, parallel to the $\langle 111 \rangle$ -type cluster Burgers vectors. The clusters hop distances
 562 of several nm to a few tens of nm within a single 1/15 s movie frame.

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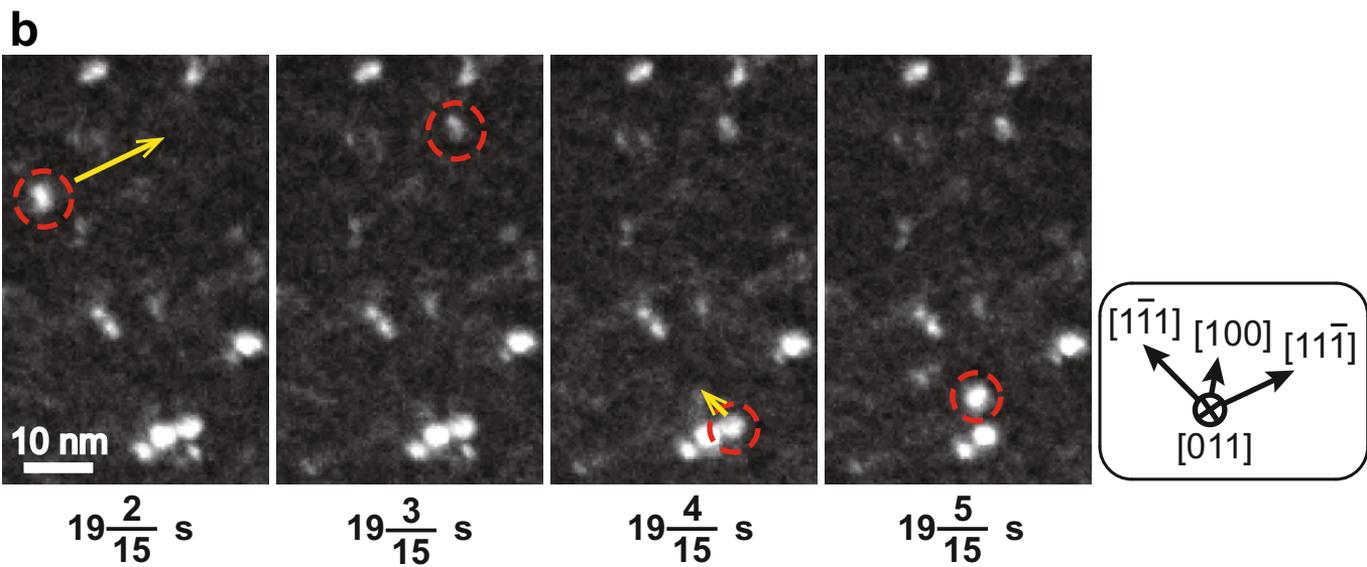
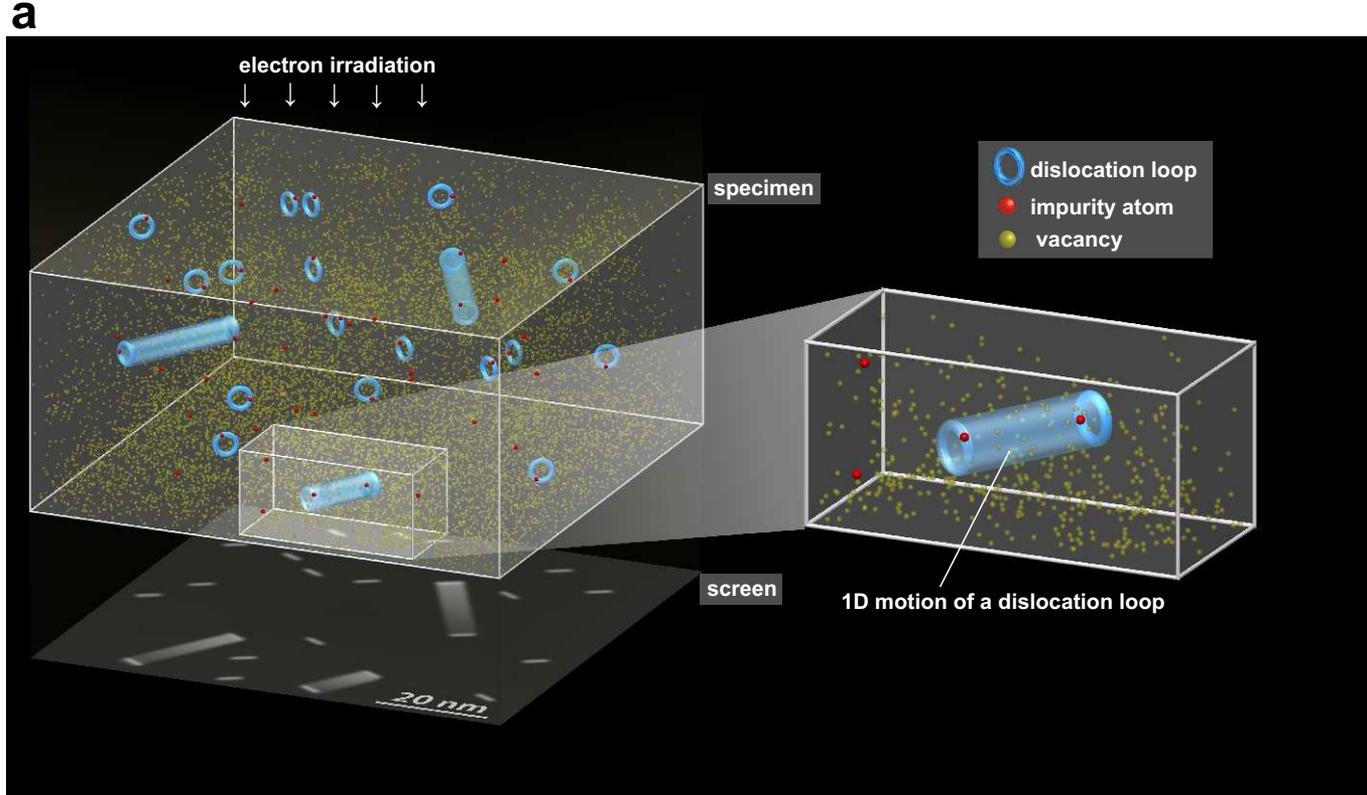
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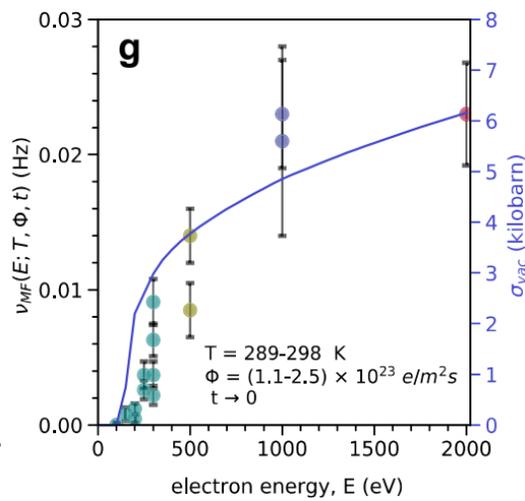
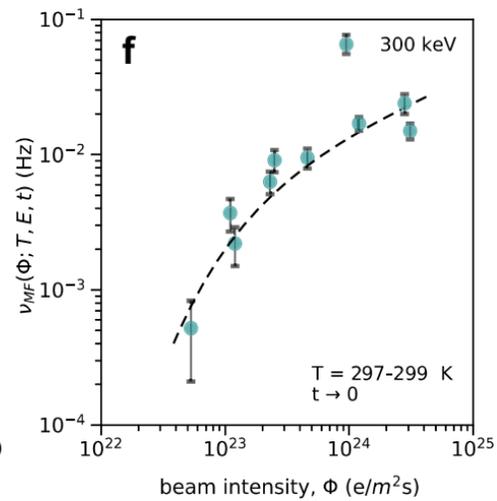
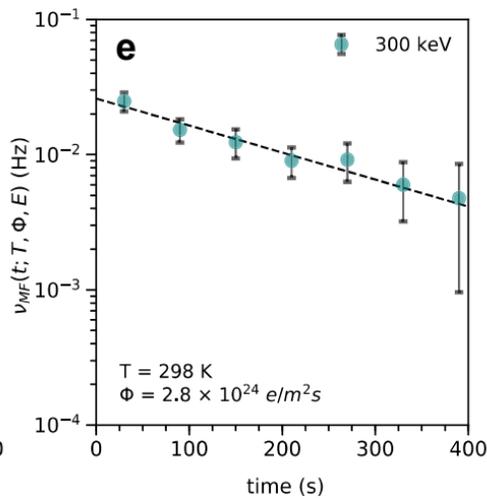
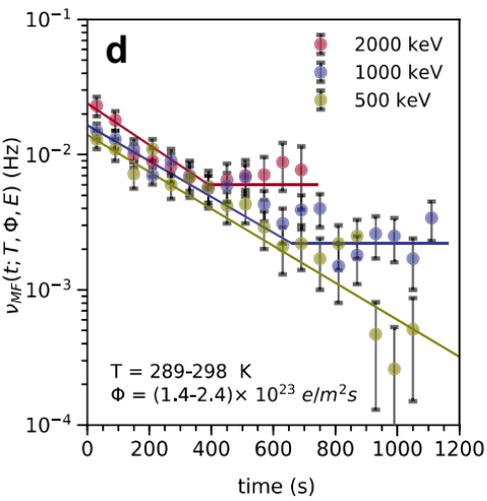
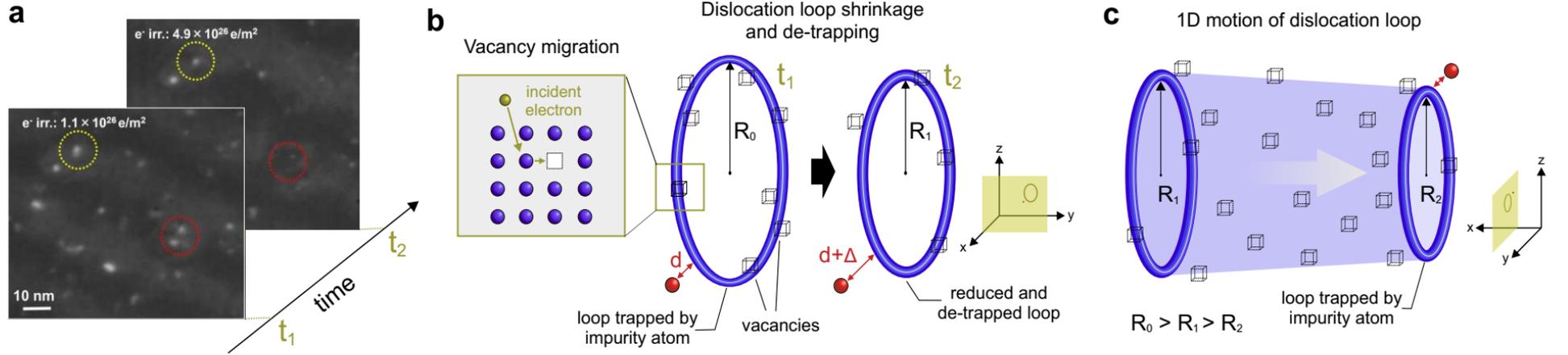
565 **Figure 2 | Characterization of the motion frequency of SIA cluster de-trapping. a,**
 566 SIA cluster (dislocation loop) shrinking under the beam (acceleration voltage: 300
 567 kV; beam intensity: $3.1 \times 10^{24} \text{ m}^{-2}\text{s}^{-1}$; temperature: 299 K). Vacancies in tungsten are
 568 thermally immobile at 299 K, and so the only way the SIA clusters can shrink is via
 569 the absorption of radiation-mobilized vacancies. **b,** The clusters escape by increasing
 570 the distance between their perimeter and the impurity, from d to $d + \Delta$, as they shrink
 571 from radius R_0 at time $t_1 \rightarrow R_1 < R_0$ at time t_2 . This reduces the binding energy (see
 572 [Supplementary Discussion 1](#)) **c,** Stop-and-go motion of the loop in the clouds of
 573 vacancies and impurities. Once the loop has escaped from the impurity, it migrates
 574 until is trapped by another impurity. During this macro-jump, over many Peierls
 575 barriers, the loop sweeps through the surrounding vacancy clouds, decreasing its
 576 effective radius to $R_2 < R_1$. **d, e,** Motion frequency decaying exponentially with time
 577 under irradiation which corresponds to indirect mechanism (see [Methods](#)). Plateaus
 578 are reached when the supply of vacancies local to the clusters is exhausted by
 579 annihilation, and the direct mechanism takes over (see [Methods](#)). **f,** Motion frequency
 580 increasing with beam intensity (time: 0 – 60 s). **g,** Motion frequency vs. beam energy
 581 and cross section for radiation-induced vacancy migration (time: 0 – 60 s) (see
 582 [Methods](#)).

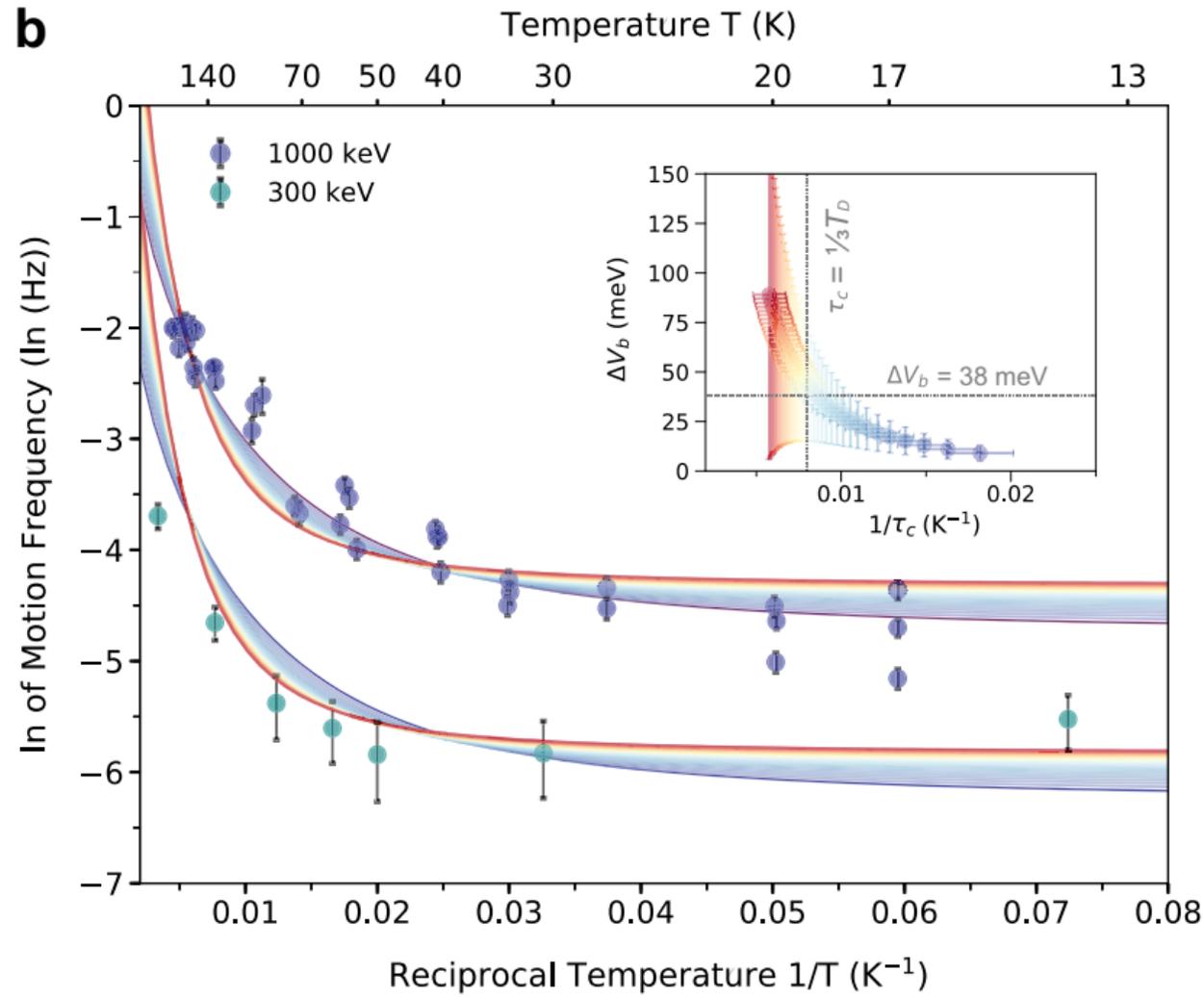
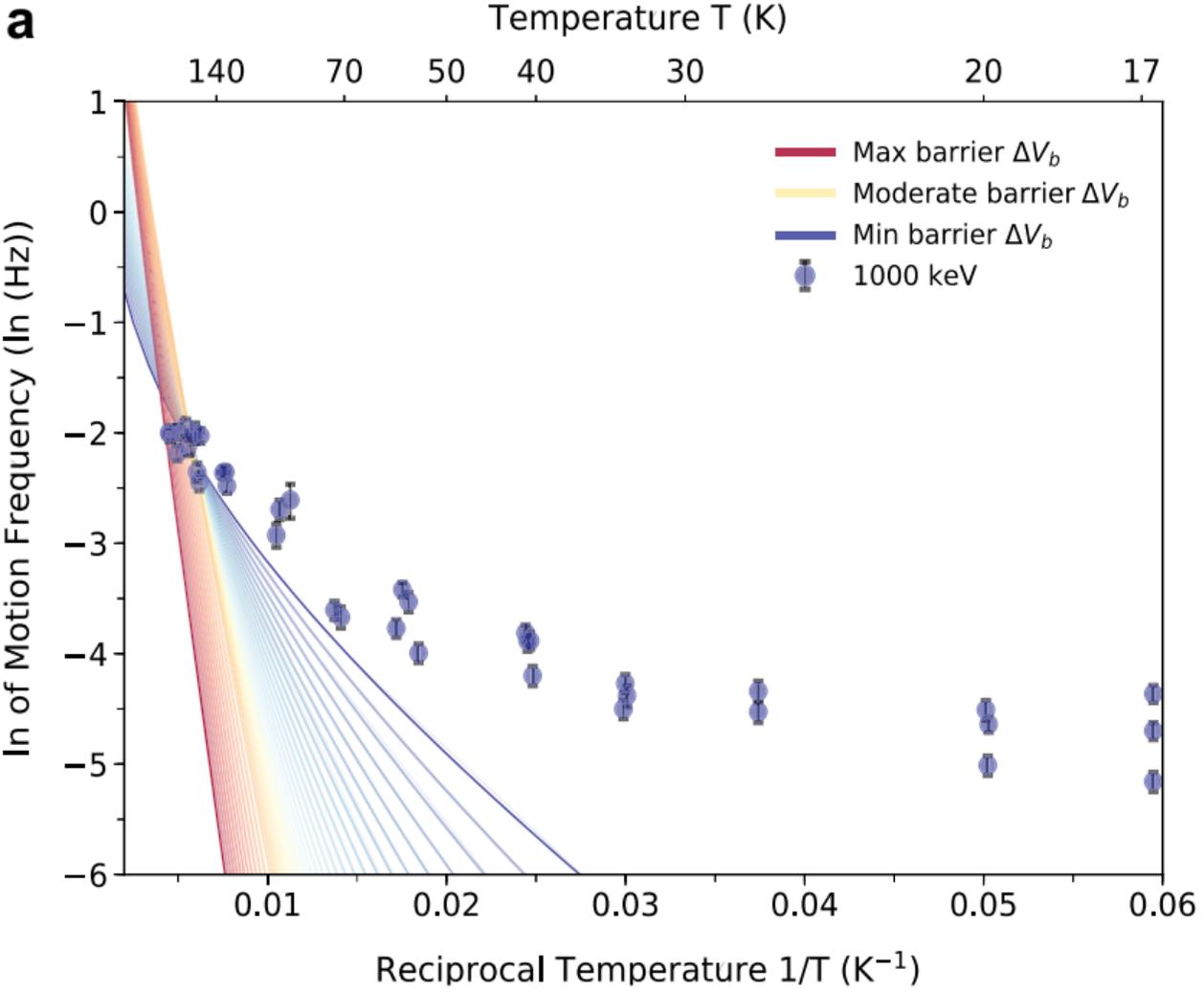


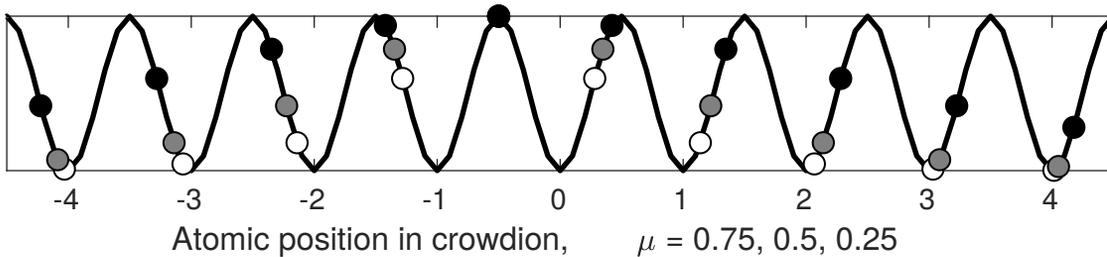
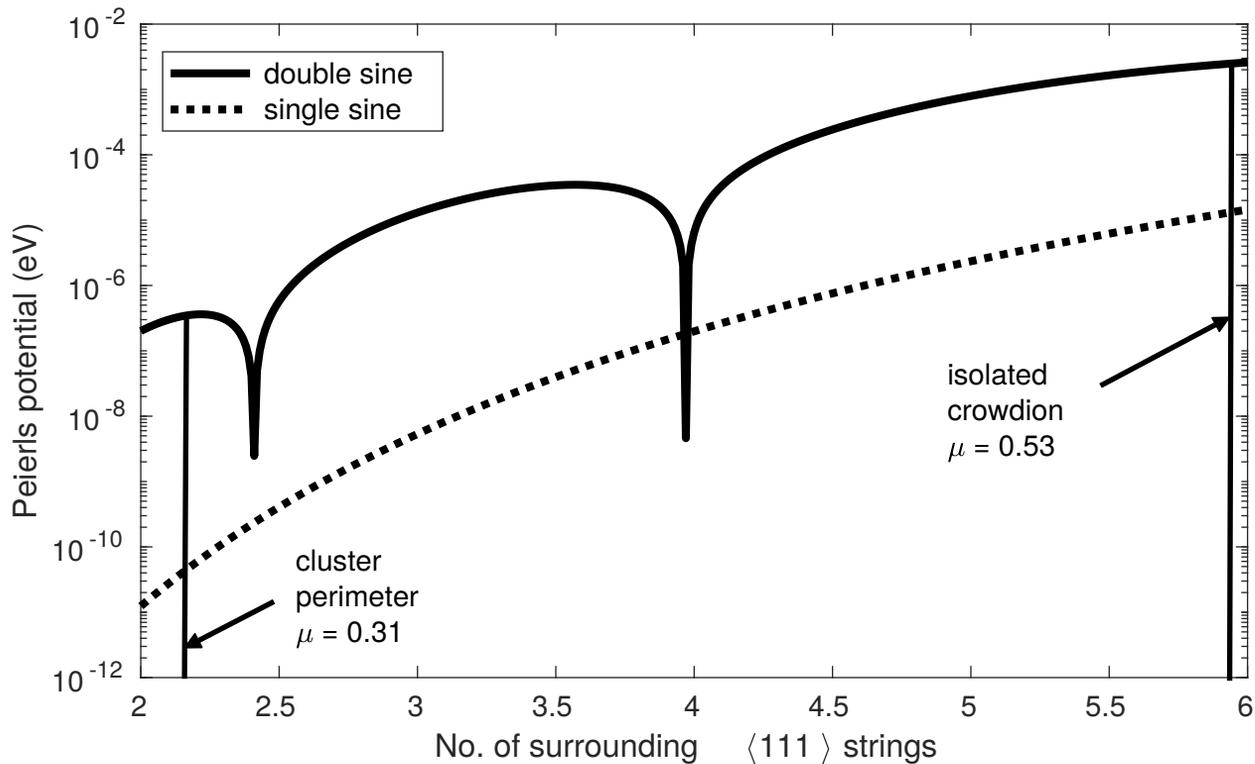
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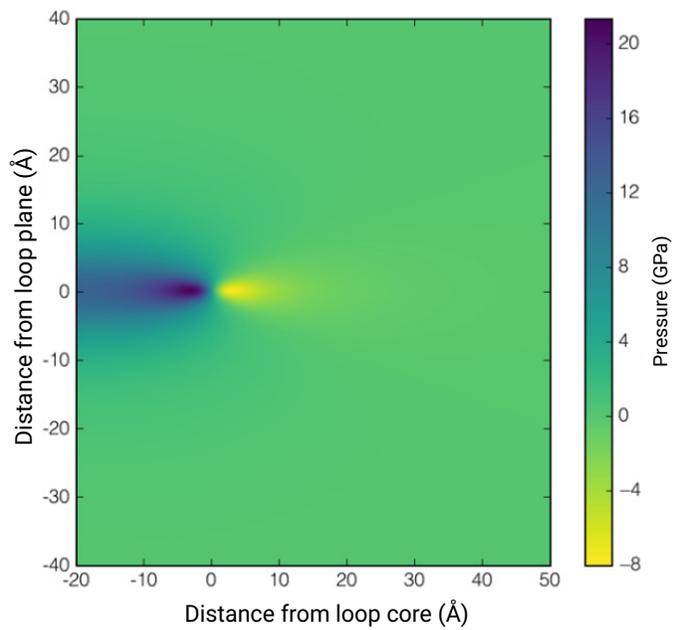
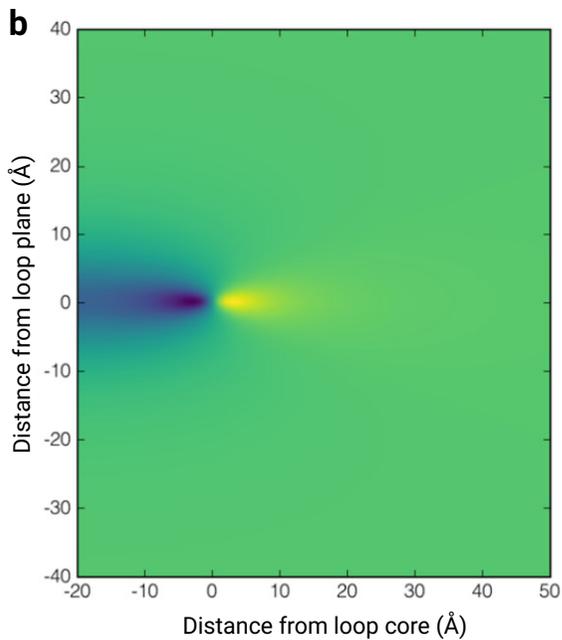
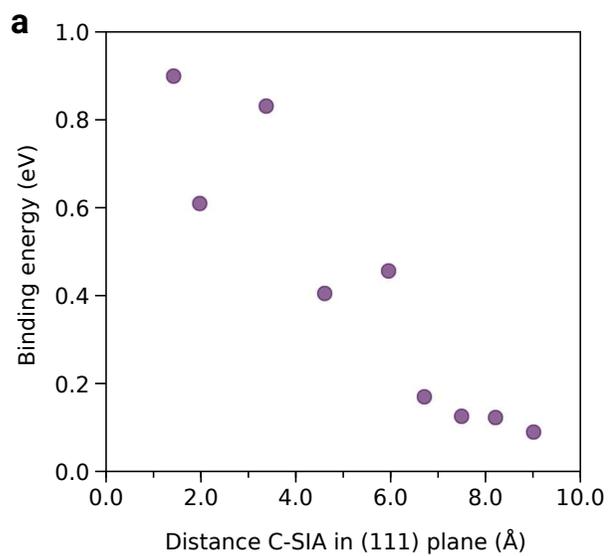
584 **Figure 3 | Motion frequency of SIA cluster de-trapping vs. temperature.** Data
 585 points show measured motion frequency vs. temperature (data taken in first 60 s of
 586 irradiation. Blue points: beam energy 1000 keV, beam intensity $2 \times 10^{25} \text{ m}^{-2}\text{s}^{-1}$; green
 587 points: beam energy 300 keV, beam intensity $(2 - 4) \times 10^{24} \text{ m}^{-2}\text{s}^{-1}$). Some error bars
 588 are too small to be visible. **a**, All possible classical fits of one single dataset, at beam
 589 energy of 1000 keV, for activation barriers between 10 meV (blue) and 90 meV (red).
 590 Thin lines between are intermediate values. No classical fit can capture the
 591 temperature dependence. **b**, As panel **a** but using quantum mechanical rate function.
 592 Both 1000 and 300 keV datasets were fitted simultaneously, with a single parameter
 593 to account for the ratio of the two (we obtained a value of 4.52 for the ratio, consistent
 594 with Fig. 2g, see Methods). Inset: fitted correlation between activation barrier and
 595 critical temperature τ_c (see text and Methods), with corresponding error bars. The
 596 value of the effective activation barrier at $\tau_c = \frac{1}{3}T_D$ (T_D : Debye temperature) is 38
 597 meV.

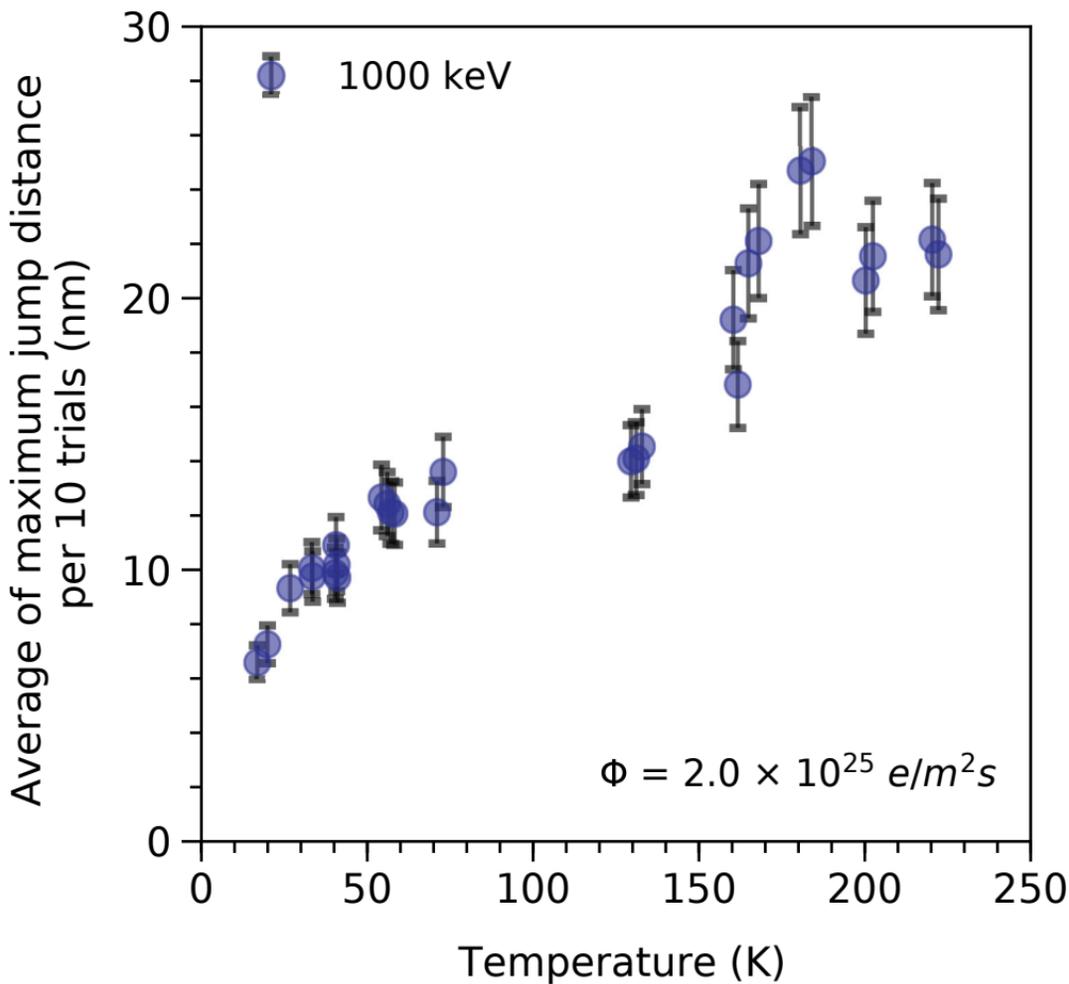


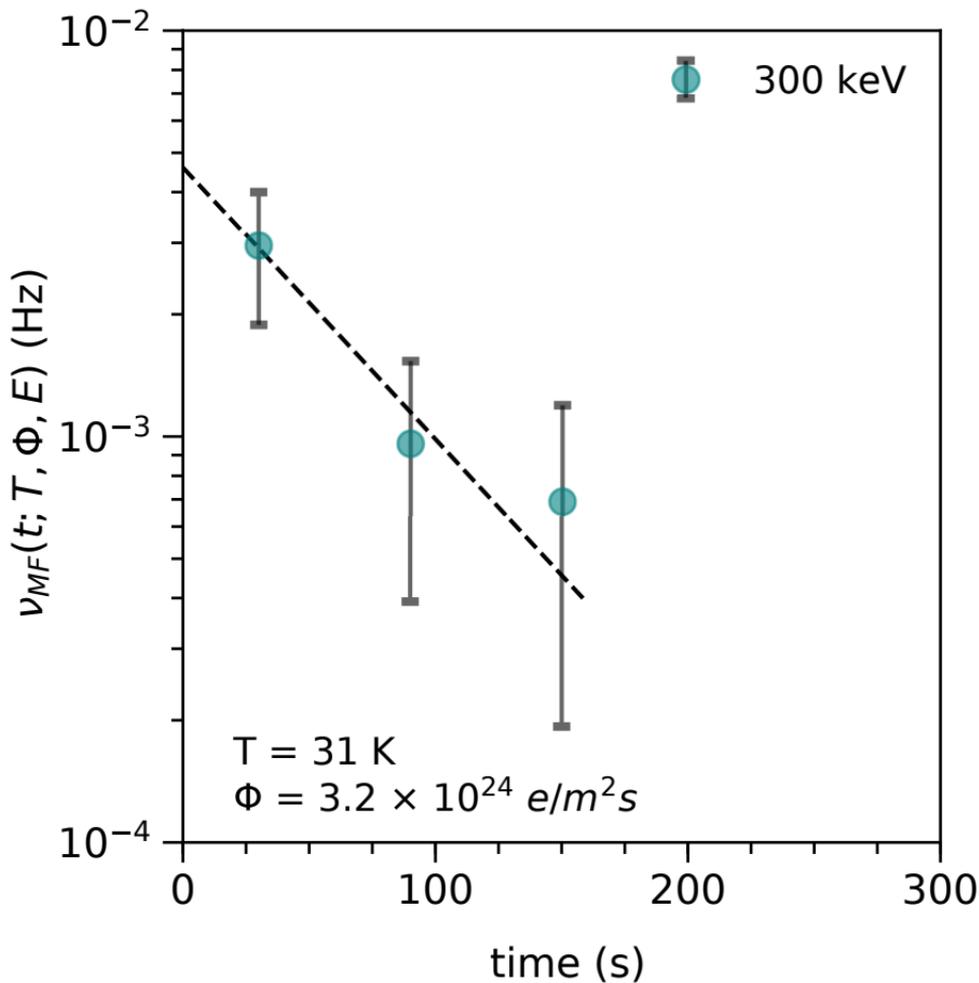


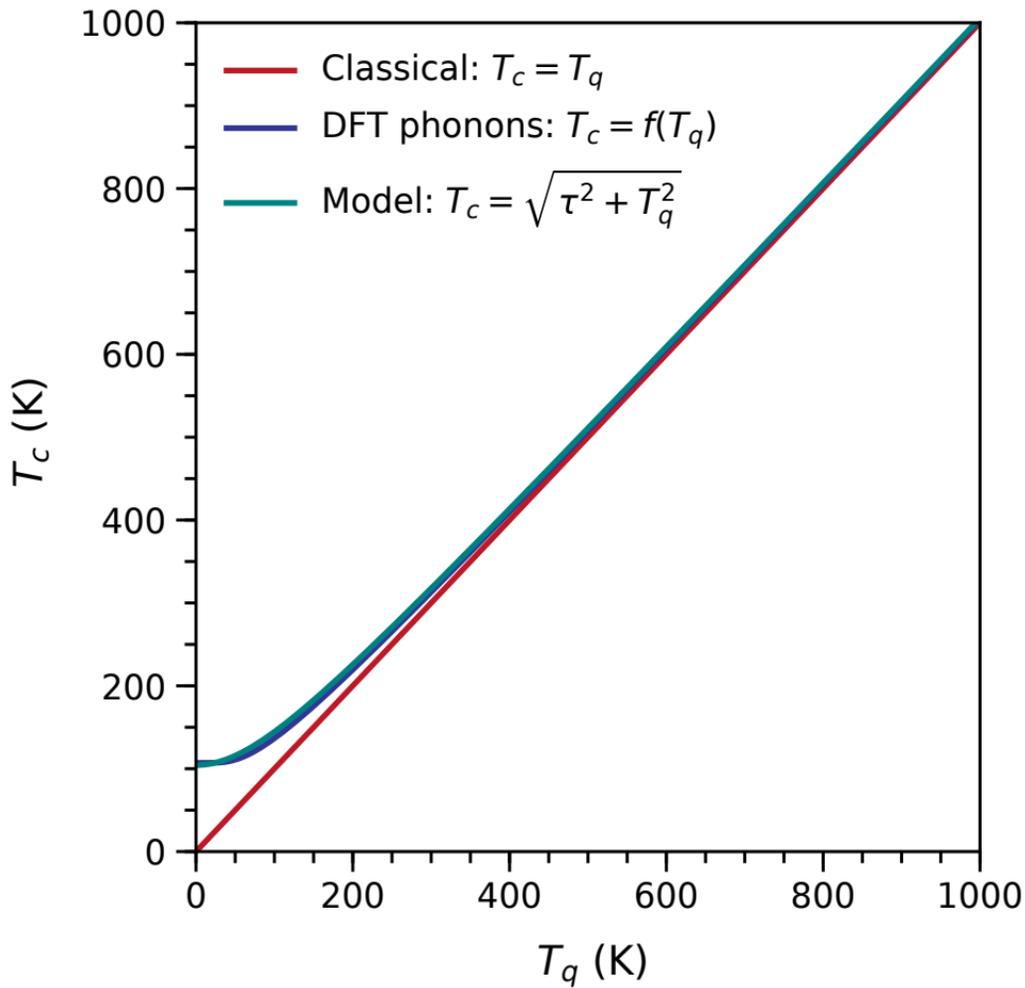












SUPPLEMENTARY INFORMATION

Quantum de-trapping and transport of heavy defects in tungsten

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Supplementary Discussion

Supplementary Discussion 1 | Energetics of SIA cluster escape and migration

1a. Suppression of the cluster Peierls potential

The one-dimensional nature of the crowdion defect means the analytically tractable Frenkel-Kontorova (FK) model¹ can be applied, which yields the following expression for the static displacement field u as a function of the distance along the $\langle 111 \rangle$ string, x :

$$u(x) = \frac{2}{\pi} \tan^{-1} \exp(\mu(x - x_0)),$$

in units where the atomic spacing along the $\langle 111 \rangle$ string (0.274nm), is set equal to 1, and x_0 is the location of the defect's centre. $u \rightarrow 0, 1$ as $x \rightarrow \mp\infty$ reflecting the additional atom inserted in the string. $\mu < 1$ is a parameter measuring the degree of delocalization: as μ decreases, the defect spreads out, and the number of atoms N involved increases ($N = 1/\mu = 1.9$ in tungsten²). This has profound consequences for the interaction of crowdions with the lattice and other defects. The *effective mass* of the defect (defined via the kinetic term in the effective Lagrangian^{3,4}) scales with $\mu < 1$. The crowdion moves along the string through a potential due to the surrounding lattice (period a , known as the *Peierls* potential) proportional to $\text{cosech}(\pi^2/\mu) \approx 2\exp(-\pi^2/\mu)$ ^{4,5} for the case of the single-sine model. A more complicated expression⁵ results when the more accurate double-sine model is used, but the conclusion is unchanged. For $\mu < 1$ this corresponds to a strong suppression.

An isolated crowdion is surrounded by 6 undefected $\langle 111 \rangle$ strings, which act to compress the defect along its axis. A crowdion at the edge of a cluster, however, is surrounded by fewer undefected strings – 2 or 3 depending on the boundary configuration³. This reduces μ by a factor of $\sqrt{2}$ to $\sqrt{3}$, which corresponds to an enormous suppression of the Peierls potential, thanks to its extreme nonlinearity in μ , completely overwhelming the increased number of crowdions in a cluster that interact with the Peierls potential compared with an isolated crowdion. This explains why the clusters can move quasi-freely once they have escaped from the traps (see Fig. ED1).

1b. Cluster binding energies

The FK model can be extended to include impurities such as C and N, or vacancies,

by modifying the defect's coupling to one lattice site in the discrete FK model. This leads to the effective impurity interaction potential^{6,7}: $V^I(x_0) = \mu\Delta\text{sech}^2(\mu x_0)$, where Δ is proportional to the strength of the interaction, and can be determined from density functional studies; x_0 is the distance of the crowdion from the impurity/vacancy along the $\langle 111 \rangle$ string. The interaction is short-ranged, decreasing with the separation towards zero within a few lattice spacings (Fig. ED2a, see also Ref. [8]). For C, $\mu_l\Delta \approx 0.9 \text{ eV}$ ⁸, where μ_l corresponds to a single isolated crowdion. Note that the delocalization parameter μ affects both the depth and the breadth of the impurity potential well.

Transverse to the $\langle 111 \rangle$ direction, the interaction can be well modelled by elasticity, treating the impurity as a dilatation centre that couples to the hydrostatic part of the cluster's stress field. Fig. ED2b shows the binding energy closely following the hydrostatic pressure field of the cluster. In this approximation, the corresponding energy landscape for any impurity is the same, merely scaled by the $\mu\Delta$ value.

Supplementary Discussion 2 | Temperature

Now we turn to the local heating of the used specimen. Electron irradiation can locally heat the specimen via inelastic scattering⁹, and to rule out this effect another quantity was monitored from the same movies: the distance that an escaped cluster travels before being trapped by another impurity atom. Figure ED3 shows the average of the maximum hop distance per 10 hops as a function of measured temperature. The impurity traps can be 5-20 nm apart. We measured the jumping distance with respect to the irradiation time (at a given temperature, the jumping distance is not dependent on the irradiation time). The key point is that there is a range of barriers, depending on the separation of each impurity from the cluster's glide cylinder, which vary over almost an order of magnitude. These appear in the exponent of the rate, so have a significant effect. In the high temperature limit, the loops can escape from high trapping energies, i.e., the loops are trapped only by the impurities that are in the close neighbourhood of the loop (small loop-impurity separation gives high trapping energy). At lower temperatures, the loops can only escape from lower trapping energies, i.e. in this regime, the loops can be trapped by more distant impurities. So, at lower temperatures, more of the impurities distributed through the sample will contribute to the trapping, whilst at higher temperatures, fewer will. This means that

the jumping distance will decrease with temperature. The recorded data confirm this, and we conclude that the local temperature at the irradiated continues to decrease down to the lowest measured values.

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