# EINSTEIN RELATION AND STEADY STATES FOR THE RANDOM CONDUCTANCE MODEL ${ }^{1}$ 

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We consider random walk among i.i.d., uniformly elliptic conductances on $\mathbb{Z}^{d}$, and prove the Einstein relation (see Theorem 1). It says that the derivative of the velocity of a biased walk as a function of the bias equals the diffusivity in equilibrium. For fixed bias, we show that there is an invariant measure for the environment seen from the particle. These invariant measures are often called steady states. The Einstein relation follows at least for $d \geq 3$, from an expansion of the steady states as a function of the bias (see Theorem 2), which can be considered our main result. This expansion is proved for $d \geq 3$. In contrast to Guo [Ann. Probab. 44 (2016) 324-359], we need not only convergence of the steady states, but an estimate on the rate of convergence (see Theorem 4).

1. Introduction. We consider random walk among i.i.d., uniformly elliptic random conductances. More precisely, let $\mathcal{B}\left(\mathbb{Z}^{d}\right)$ be the set of nonoriented nearestneighbor bonds in $\mathbb{Z}^{d}, d \geq 2$ and $\Omega:=(0, \infty)^{\mathcal{B}\left(\mathbb{Z}^{d}\right)}$. An element $\omega \in \Omega$ is called an environment. For $(x, y) \in \mathcal{B}\left(\mathbb{Z}^{d}\right)$, the weight $\omega(x, y)$ is the conductance of the bond $(x, y)$. For $\omega \in \Omega$, the random walk in the environment $\omega$ is the Markov process $\left(X_{n}\right)_{n \geq 1}$ with transition probabilities

$$
P_{\omega}^{x}\left(X_{n+1}=y+e \mid X_{n}=y\right)=\frac{\omega(y, y+e)}{\sum_{\left|e^{\prime}\right|=1} \omega\left(y, y+e^{\prime}\right)}
$$

and $P_{\omega}^{x}\left(X_{0}=x\right)=1$. In other words, the transition probabilities are proportional to the conductances of the bonds. The distribution $P_{\omega}^{x}$ of the random walk is called quenched law. For a probability measure $P$ on $\Omega$, the averaged measure $\mathbb{P}^{x}=$ $P \times P_{\omega}^{x}:=\int P_{\omega}^{x} P(d \omega)$ is called the annealed law. We will assume throughout this paper that:
(i) the conductances are uniformly elliptic, that is, there is a $\kappa>1$ such that for all $(x, y) \in \mathcal{B}\left(\mathbb{Z}^{d}\right)$

$$
\kappa^{-1} \leq \omega(x, y) \leq \kappa
$$

(ii) $(\omega(e))_{e \in \mathcal{B}\left(\mathbb{Z}^{d}\right)}$ are i.i.d. under $P$.

[^0]Now, for $\lambda \in(0,1)$ and $\ell \in \mathbb{R}^{d},|\ell|=1$, define the perturbed environment $\omega^{\lambda}$ of $\omega \in \Omega$ by

$$
\omega^{\lambda}(x, y)=\omega(x, y) e^{\lambda \ell \cdot(x+y)},
$$

where "." denotes the scalar product in $\mathbb{R}^{d}$. We denote the quenched and annealed measures of the random walks in the perturbed environment as $P_{\omega, \lambda}^{x}:=P_{\omega^{\lambda}}^{x}$ and $\mathbb{P}_{\lambda}^{x}:=P \times P_{\omega, \lambda}^{x}$, respectively. If the starting point $x$ is the origin, we will omit the superscript $x=0$, for instance, we write $P_{\omega}$ instead of $P_{\omega}^{0}$ and $\mathbb{P}$ instead of $\mathbb{P}^{0}$. It goes back to [7] that for $\lambda=0$, the random walk satisfies a functional central limit theorem under $\mathbb{P}$ : it converges under diffusive scaling to a Brownian motion $\left(B_{t}\right)_{t \geq 0}$ with a deterministic, diagonal covariance matrix $\Sigma$. For $\lambda>0$, it was shown in [23] that the random walk is ballistic, that is, there is a deterministic vector $v(\lambda)$ with $v(\lambda) \cdot \ell>0$ such that

$$
\lim _{n \rightarrow \infty} \frac{X_{n}}{n}=v(\lambda) \quad \mathbb{P}_{\lambda} \text {-a.s. }
$$

The Einstein relation says that the derivative of the speed with respect to the perturbation relates to the covariance matrix of the unperturbed random walk among random conductances as follows.

THEOREM 1 (Einstein relation).

$$
\begin{equation*}
\lim _{\lambda \rightarrow 0} \frac{v(\lambda)}{\lambda}=\Sigma \ell . \tag{1}
\end{equation*}
$$

We remark that Theorem 1 holds true for $d=1$ as well, but in that case, it can be shown by explicit calculation. Theorem 1 was known for the case when the conductances take only two values and the dimension is at least 3 ; see [15]. The Einstein relation is conjectured to be true in general for reversible motions which behave diffusively. We refer to [9] for a historical reference and to [24] for further explanations. A weaker form of the Einstein relation holds indeed true under such general assumptions and goes back to [17]. However, (1) was only established in examples: [18] and [19] consider a tagged particle in an exclusion process, [16] and [1] investigate other examples of space-time environments, the paper [15] mentioned above gives the result for particular random walks among random conductances, [10] treats reversible diffusions in random environments and [2] considers biased random walks on Galton-Watson trees. The only result, to our best knowledge, for a nonreversible situation is given in [12]. For results on the steady states in the case of diffusions, we also refer to the recent work [20].

Note that in [12], when the random walk is a martingale, the Einstein relation (1) is a consequence of a more general convergence theorem for the steady states. In the random conductance model, due to the presence of the corrector, to generalize (1) we need finer estimates of the rate of the convergence of the steady states, for which we first introduce some notation.

When $\left(\theta_{z} \omega\right)(x, y)=\omega(z+x, z+y)$ denotes the environment shifted by $z$, we set $\bar{\omega}_{n}:=\theta_{X_{n}} \omega, n \geq 0$. The Markov chain $\left(\bar{\omega}_{n}\right)$ is called the environment seen from the particle and has generator $L$ acting on bounded functions $f: \Omega \rightarrow \mathbb{R}$ as

$$
(L f)(\omega)=\sum_{y:|y|=1} P_{\omega}\left(X_{1}=y\right)\left(f\left(\theta_{y} \omega\right)-f(\omega)\right)
$$

For $\lambda=0$, the Markov chain $\left(\bar{\omega}_{n}\right)$ has an invariant measure $Q_{0}$ given by

$$
\begin{equation*}
\frac{\mathrm{d} Q_{0}}{\mathrm{~d} P}(\omega)=Z^{-1} \sum_{y:|y|=1} \omega(0, y) \in\left[1 / \kappa^{2}, \kappa^{2}\right] \tag{2}
\end{equation*}
$$

with a normalization constant $Z$. If $\lambda>0$ and the law of $X_{n}$ is given by $P_{\omega, \lambda}$, an invariant measure $Q_{\lambda}$ for the Markov chain $\bar{\omega}_{n}$ can be defined as the $\mathbb{P}_{\lambda}$-a.s. limit

$$
\begin{equation*}
Q_{\lambda} f=\lim _{n \rightarrow \infty} \frac{1}{n} \sum_{k=1}^{n} f\left(\bar{\omega}_{k}\right), \tag{3}
\end{equation*}
$$

which has an expression in terms of the regeneration times defined in Section 3; see (20). The invariant measures $Q_{\lambda}$ are often called "steady states." The Einstein relation (1) is a consequence of a first-order expansion of $Q_{\lambda}$ around $\lambda=0$; see Theorem 2 below.

To describe the limit, we let $\mathcal{H}_{-1}$ denote the set of all functions $f: \Omega \rightarrow \mathbb{R}$ in $L^{2}\left(Q_{0}\right)$ such that the limit

$$
\lim _{n \rightarrow \infty} \frac{1}{n} Q_{0} E_{\omega}\left[\left(\sum_{k=0}^{n} f\left(\bar{\omega}_{k}\right)\right)^{2}\right]=: \sigma^{2}(f)
$$

exists and is finite. For a variational characterization of the space $\mathcal{H}_{-1}$, we refer to [13, 14]. In the classical paper [13], it is proved that for $f \in \mathcal{H}_{-1}$, the process

$$
\left(\frac{1}{\sqrt{n}} \sum_{k=1}^{n t} f\left(\bar{\omega}_{k}\right)\right)_{t \geq 0}
$$

converges weakly (under $\mathbb{P}_{0}$ ) to a Brownian motion $\left(N_{t}^{f}\right)_{t \geq 0}$ with variance $\sigma^{2}(f)$. For our result, we consider the subspace $\mathcal{F}$ of bounded continuous functions $f$ : $\Omega \rightarrow \mathbb{R}$ depending only on a finite set of conductances, that is, $f(\omega)=\tilde{f}\left(\left(\omega_{e}\right)_{e \in E}\right)$ for a finite set $E \subset \mathcal{B}\left(\mathbb{Z}^{d}\right)$. We remark that it follows from [21] that if $f \in \mathcal{F}$ and $d \geq 3$, then $f-Q_{0} f \in \mathcal{H}_{-1}$. Consider the 2-dimensional process

$$
\frac{1}{\sqrt{n}}\left(\sum_{k=1}^{n} f\left(\bar{\omega}_{k}\right)-Q_{0} f, \sum_{k=1}^{n} d\left(\bar{\omega}_{k}, 0\right) \cdot \ell\right)
$$

where $d(\omega, x)=E_{\omega}^{x}\left[\left(X_{1}-X_{0}\right)\right]$ is the local drift. If $f-Q_{0} f \in \mathcal{H}_{-1}$, this process converges by [13] in distribution under $\mathbb{P}_{0}$ to a 2-dimensional normal random variable $\left(N_{1}^{f}, N_{1}^{d} \cdot \ell\right)$. Define then

$$
\begin{equation*}
\Lambda f=-\operatorname{Cov}\left(N_{1}^{f}, N_{1}^{d} \cdot \ell\right) \tag{4}
\end{equation*}
$$

The following theorem is our main result.
THEOREM 2. If $d \geq 3$, we have

$$
\begin{equation*}
\lim _{\lambda \rightarrow 0} \frac{Q_{\lambda} f-Q_{0} f}{\lambda}=\Lambda f \tag{5}
\end{equation*}
$$

for any $f \in \mathcal{F}$.
We remark that it follows by similar arguments as in [12] that $Q_{\lambda} \Rightarrow Q_{0}$ for $d \geq 2$. The first-order expansion (5) of the measure $Q_{\lambda}$ is obtained in [12] for $P$ that satisfies some ballisticity condition, where a regeneration structure creates enough decorrelation for the environments along the path. In our case where the unperturbed environment $P$ is not ballistic, the first- order expansion (5) is more delicate. When $d \geq 3$, making use of the optimal variance decay for the environment seen from the particle in [5], Theorem 1.1 (for the unperturbed environment) and a 1-dependent regeneration structure (for perturbed environments), we obtain (5). For $d \leq 2$, it is not clear to us whether (5) still holds, since the environment seen from the particle process decorrelates at a slower rate and our argument does not go through.

In order to prove Theorem 2, we will show the following two theorems. To simplify notation, we will write $X_{t}$ for $X_{\lfloor t\rfloor}$ and similarly for summation limits or other indices which are defined for integer values. In Theorem 3, we center by $Q_{0} f$ to point out the relation to Theorem 2, but we remark that $f \in \mathcal{H}_{-1}$ actually implies $Q_{0} f=0$.

THEOREM 3. For any $t \geq 1$ and $f \in \mathcal{H}_{-1}$, we have

$$
\begin{equation*}
\lim _{\lambda \rightarrow 0} \frac{\frac{\lambda^{2}}{t} \mathbb{E}_{Q, \lambda} \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)-Q_{0} f}{\lambda}=\Lambda f \tag{6}
\end{equation*}
$$

where $\mathbb{E}_{Q, \lambda}$ is the expectation with respect to $Q_{0} \times P_{\omega, \lambda}$.
THEOREM 4. If $d \geq 3$, then for any $f \in \mathcal{F}$ there exist constants $C=$ $C(\kappa, d, f)$ and $\lambda_{0}=\lambda_{0}(\kappa, d)>0$ such that for any $t>1$ and $\lambda<\lambda_{0}$,

$$
\begin{equation*}
\left|\frac{\frac{\lambda^{2}}{t} \mathbb{E}_{Q, \lambda} \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)-Q_{\lambda} f}{\lambda}\right| \leq \frac{C}{t^{1 / 4}} \tag{7}
\end{equation*}
$$

The paper is organized as follows: In Section 2, we collect some a priori estimates whose proofs are deferred to Section 7. We then define, in Section 3, a regeneration structure which will enable us to prove Theorem 4. As in [10], we here have to take into account how the regeneration times and regeneration distances depend on $\lambda$. In Section 4, we prove Theorem 3: the main ingredient is Girsanov transform and the technique of proof is similar to [10]. In Section 5, using the
regeneration structure, we prove (7) for a class of functions that satisfies a nice inequality, namely (32). In Section 6, using the variance estimate of [5, 21], we prove Theorem 4 by verifying (32) for all $f \in \mathcal{F}$ when $d \geq 3$. We also show how the Einstein relation (1) follows, at least in the case $d \geq 3$, from Theorem 2 and give a different argument to show (1) for any $d$. Finally, in Section 7, we prove the estimates listed in Section 2.
2. A priori estimates. Without loss of generality, assume throughout that $\ell$. $e_{1}=\max _{i}\left\{\ell \cdot e_{i},-\ell \cdot e_{i}\right\}$, where $\left\{e_{i}: i=1, \ldots, d\right\}$ denotes the natural basis for $\mathbb{Z}^{d}$. Let $\lambda_{1}=\lfloor 1 / \lambda\rfloor^{-1}$, such that $1 / \lambda_{1} \in \mathbb{N}$ and $0 \leq \lambda_{1}-\lambda=o(\lambda)$ as $\lambda \rightarrow 0$. For $m \in \mathbb{Z}$ and $L \in \mathbb{N}$, we define the hyperplane

$$
H_{m, L}=\left\{x \in \mathbb{Z}^{d} \mid x \cdot e_{1}=m L / \lambda_{1}\right\}
$$

and the hitting time

$$
T_{m, L}=\inf \left\{n \geq 0 \mid\left(X_{n}-X_{0}\right) \in H_{m, L}\right\}
$$

For $x \in \mathbb{R}^{d}$, we denote by $|x|$ the 1-norm of $x$.
The constants appearing in this paper will be allowed to depend on the dimension $d$ and the ellipticity constant $\kappa$ but we emphasize that they do not depend on $\lambda$. In the proofs, we use $c, C$ to denote generic positive constants whose values may change from line to line.

LEMMA 5 (Bounding the probability to go left before going right). There exist $L_{0} \in \mathbb{N}, \lambda_{0}>0$, depending only on the ellipticity constant $\kappa$ and the dimension $d$, such that

$$
P_{\omega, \lambda}\left(T_{1, L}<T_{-1, L}\right) \geq \frac{2}{3}
$$

for all $L \geq L_{0}, 0<\lambda \leq \lambda_{0}$ and for all $\omega$.

In the following, fix $L_{0}$ as in Lemma 5 and we write shorter $H_{m}$ for $H_{m, 4 L_{0}}$ and $T_{m}$ for $T_{m, 4 L_{0}}$. For the distance between these hyperplanes, we write

$$
\begin{equation*}
L_{1}=4 L_{0} / \lambda_{1}, \tag{8}
\end{equation*}
$$

tacitly ignoring the dependence on $\lambda$.

Corollary 6 (Bounding the probability to go far to the left). Let $\lambda_{0}$ be the same constant as in Lemma 5. For any $\omega \in \Omega, n \in \mathbb{N}$ and $\lambda \in\left(0, \lambda_{0}\right)$, we have

$$
P_{\omega, \lambda}\left(T_{-n / 4}<\infty\right) \leq 2^{-n}
$$

Lemma 7 (Hitting times of hyperplanes to the right are small with high probability). There exist positive constants $c_{1}, C_{1}$ such that for any $\omega, n \geq 1$ and $\lambda \in\left(0, \lambda_{0}\right)$ we have

$$
P_{\omega, \lambda}\left(T_{n} \geq \frac{C_{1} n}{\lambda^{2}}\right) \leq e^{-c_{1} n}
$$

Lemma 8 (Bounds on the moments of the maximum of the walk). For any $p \geq 1$, there exists a positive constant $C_{2}$, such that for all $\lambda \in\left(0, \lambda_{0}\right)$ and $t \geq 1$ and for any $\omega$,

$$
E_{\omega, \lambda}\left[\max _{0 \leq s \leq t}\left|\lambda X_{s / \lambda^{2}}\right|^{p}\right] \leq C_{2} t^{p}
$$

Corollary 6 is an immediate consequence of Lemma 5. The proofs of Lemmas 5, 7 and 8 are given in Section 7. The following parabolic Harnack inequality will be used several times in our paper. Let $B_{R}=\left\{x \in \mathbb{Z}^{d}:|x|_{2} \leq R\right\}$ and $B_{R}(x):=$ $x+B_{R}$.

Theorem 9 (Parabolic Harnack inequality). Fix $R \geq \sqrt{d}$. Let $a \in \Omega$ be $a$ configuration of conductances such that $\frac{a(e)}{a\left(e^{\prime}\right)} \leq C_{V}$ for any two bonds $e, e^{\prime}$ in $B_{2 R}$. Assume that $u: \mathbb{Z}^{d} \times \mathbb{Z} \rightarrow \mathbb{R}_{+}$is a nonnegative function that satisfies the parabolic equation

$$
\begin{equation*}
u(x, n+1)=\sum_{y} P_{a}^{x}\left(X_{1}=y\right) u(y, n) \quad \text { in } B_{2 R} \times\left[0,4 R^{2}+1\right] \tag{PE}
\end{equation*}
$$

Then there exists a constant $C=C\left(d, C_{V}\right)$ such that

$$
\begin{equation*}
\max _{B_{R} \times\left[R, 2 R^{2}\right]} u \leq C \min _{(x, n) \in B_{R} \times\left[3 R^{2}, 4 R^{2}\right]}[u(x, n)+u(x, n+1)] . \tag{PHI}
\end{equation*}
$$

We remark that the bound $a(e) / a\left(e^{\prime}\right)<C_{V}$ implies the volume-doubling condition (cf. [6], Definition 1.1) and uniform ellipticity. For our exponentially growing conductances $\omega^{\lambda}$, we can choose the constant $C_{V}$ independent of $\lambda \in[0,1]$, as long as we consider $u$ defined on a subgraph of size $C / \lambda$. For the conductances with $a(x, x)>c>0$, the theorem is [6], Theorem 1.7. In our case $a(x, x)=0$, (PHI) is obtained by applying [6], Theorem 1.7, to even-step jumps of the random walk; see the remarks below [6], Definition 1.3. The above version of (PHI) can be found in [11], Definition 2.2. Note that when $u$ is not a function of time, that is, $u(x, n)=u(x, m)=: u(x)$ for all $n, m \in \mathbb{Z}$, then $u$ satisfies the elliptic equation

$$
\begin{equation*}
u(x)=\sum_{y} P_{a}^{x}\left(X_{1}=y\right) u(y) \tag{EE}
\end{equation*}
$$

and (PHI) becomes the elliptic Harnack inequality

$$
\begin{equation*}
\max _{B_{R}} u \leq C \min _{B_{R}} u . \tag{EHI}
\end{equation*}
$$

3. Regeneration structure. In this section, we will construct a 1-dependent regeneration structure on the random walk path so that the inter-regeneration distances and inter-regeneration times are roughly of order $1 / \lambda$ and $1 / \lambda^{2}$, respectively. The regeneration structure will then imply the estimate of Theorem 4. For this, we fix the function $f \in \mathcal{F}$ and allow the constants in this chapter to depend on $f$.

### 3.1. Auxiliary estimates.

Lemma 10 (Transversal fluctuations are not too large). There exists a constant $C_{3}$ so that for all $\lambda \in\left(0, \lambda_{0}\right)$

$$
P_{\omega, \lambda}\left(\left|X_{T_{3 / 4}}\right| \geq C_{3} / \lambda\right) \leq 1-C_{3}^{-1}
$$

Proof. By Lemma 7 and Lemma 8 , for any $\theta \geq 1$,

$$
\begin{aligned}
& P_{\omega, \lambda}\left(\left|X_{T_{3 / 4}}\right| \geq \theta / \lambda\right) \\
& \quad \leq P_{\omega, \lambda}\left(T_{3 / 4} \geq C_{1} / \lambda^{2}\right)+P_{\omega, \lambda}\left(\max _{0 \leq s \leq C_{1} / \lambda^{2}}\left|X_{s}\right| \geq \theta / \lambda\right) \\
& \quad \leq e^{-c_{1}}+C_{1} C_{2} / \theta
\end{aligned}
$$

Taking $\theta$ sufficiently large, the lemma follows.
Lemma 11 (Bounding the exit measure on a hyperplane to the right). There exists a probability measure $\mu_{\omega, \lambda, 1}$ on $H_{1}$, which is independent of $\sigma(\omega(x, y)$ : $\left.x \cdot e_{1} \leq L_{0} / \lambda_{1}, y \in \mathbb{Z}^{d}\right)$, and a constant $c_{4}>0$ such that

$$
P_{\omega, \lambda}\left(X_{T_{1}}=\cdot\right) \geq c_{4} \mu_{\omega, \lambda, 1}(\cdot)
$$

Proof. We will prove the lemma by showing that, for any $w \in H_{1}$ and $x=$ $e_{1} \cdot 3 L_{0} / \lambda_{1}$,

$$
P_{\omega, \lambda}\left(X_{T_{1}}=w\right) \geq C P_{\omega, \lambda}^{x}\left(X_{T_{1 / 4}}=w \mid T_{1 / 4}<T_{-1 / 4}\right)
$$

Indeed, for any $w \in H_{1}$,

$$
\begin{aligned}
P_{\omega, \lambda}\left(X_{T_{1}}=w\right) & \geq \sum_{y:|y-x|<C_{3} / \lambda} P_{\omega, \lambda}\left(X_{T_{3 / 4}}=y\right) P_{\omega, \lambda}^{y}\left(X_{T_{1 / 4}}=w\right) \\
& \geq C \sum_{y:|y-x|<C_{3} / \lambda} P_{\omega, \lambda}\left(X_{T_{3 / 4}}=y\right) P_{\omega, \lambda}^{x}\left(X_{T_{1 / 4}}=w\right) \\
& \stackrel{\text { Lem. } 10}{ }{ }^{2} C C_{3}^{-1} P_{\omega, \lambda}^{x}\left(X_{T_{1 / 4}}=w\right) \\
& \stackrel{\text { Lem. } 5}{\geq} C P_{\omega, \lambda}^{x}\left(X_{T_{1 / 4}}=w \mid T_{1 / 4}<T_{-1 / 4}\right),
\end{aligned}
$$

where in the second inequality we applied the elliptic Harnack inequality (EHI) to the function $u(y):=P_{\omega, \lambda}^{y}\left(X_{T_{1 / 4}}=w\right)$ in the ball $B_{2 C_{3} / \lambda}(x)$.
3.2. Construction of the regeneration time. Classical regeneration times are usually defined as times when the random walker crosses a certain hyperplane for the first time and then never comes back. To keep the regeneration times robust for small bias, we allow the path to backtrack a distance of order $1 / \lambda$. To decouple the trajectory between these regeneration times, we will then use the "coin trick" by [4].

The starting point is that by Lemma 11 , the hitting probability $P_{\omega, \lambda}^{x}\left(X_{T_{1}}=\cdot\right)$ of the next hyperplane dominates $c_{4}$ times a probability measure $\mu_{\omega, \lambda, 1}^{x}$, which is independent of the environment to the left of the hyperplane $H_{0}^{x}:=x+\frac{L_{0}}{\lambda_{1}} e_{1}+H_{0}$. Hence, for $\beta \in\left(0, c_{4}\right)$ the hitting probability can be decomposed as

$$
P_{\omega, \lambda}^{x}\left(X_{T_{1}}=\cdot\right)=\beta \mu_{\omega, \lambda, 1}^{x}(\cdot)+(1-\beta) \mu_{\omega, \lambda, 0}^{x}(\cdot),
$$

where

$$
\mu_{\omega, \lambda, 0}^{x}(\cdot):=\frac{P_{\omega, \lambda}^{x}\left(X_{T_{1}}=\cdot\right)-\beta \mu_{\omega, \lambda, 1}^{x}(\cdot)}{1-\beta}
$$

By Lemma 11, both $\mu_{\omega, \lambda, 1}^{x}$ and $\mu_{\omega, \lambda, 0}^{x}$ are probability measures on $H_{1}^{x}=\{y \in$ $\left.\mathbb{Z}^{d} \mid(y-x) \cdot e_{1}=L_{1}\right\}$. Let $\left(\varepsilon_{i}\right)_{i=0}^{\infty} \in\{0,1\}^{\mathbb{N}_{0}}$ be i.i.d. Bernoulli random variables with law $q_{\beta}$ :

$$
q_{\beta}\left(\varepsilon_{i}=1\right)=\beta \quad \text { and } \quad q_{\beta}\left(\varepsilon_{i}=0\right)=1-\beta .
$$

Intuitively, when $X_{n}$ is at $x \in H_{i}$ the coin $\varepsilon_{i}$ will determine whether the hitting point of the next hyperplane $H_{i+1}$ is sampled via $\mu_{\omega, \lambda, 0}^{x}$ or $\mu_{\omega, \lambda, 1}^{x}$. Until reaching $H_{i+1}$, the law of the path will then be the original quenched law, conditioned on the predetermined hitting point.

We now give the formal definition of the regeneration times, for which we first define inductively a path measure given a set of "hitting rules" as described above. Sample the sequence $\varepsilon:=\left(\varepsilon_{i}\right)_{i=0}^{\infty}$ according to the product measure $q_{\beta}$ and fix it. Then define $P_{\omega, \lambda, \varepsilon}^{x}$ on the paths by the following steps:

Step 1. For $x \in \mathbb{Z}^{d}$, set

$$
P_{\omega, \lambda, \varepsilon}^{x}\left(X_{0}=x\right)=1,
$$

and for any $\mathcal{O} \in \sigma\left(X_{1}, X_{2}, \ldots, X_{T_{1}}\right)$, put

$$
\begin{equation*}
v_{\omega, \lambda, \varepsilon_{i}}^{x}(\mathcal{O}):=\sum_{y}\left[\varepsilon_{i} \mu_{\omega, \lambda, 1}^{x}(y)+\left(1-\varepsilon_{i}\right) \mu_{\omega, \lambda, 0}^{x}(y)\right] P_{\omega, \lambda}^{x}\left(\mathcal{O} \mid X_{T_{1}}=y\right) \tag{9}
\end{equation*}
$$

Step 2. Suppose the $P_{\omega, \lambda, \varepsilon}^{x}$-law for paths of length $\leq n$ is defined. For any path $\left(x_{i}\right)_{i=0}^{n+1}$ with $x_{0}=x$, define

$$
\begin{aligned}
& P_{\omega, \lambda, \varepsilon}^{x}\left(X_{n+1}=x_{n+1}, \ldots, X_{0}=x_{0}\right) \\
& \quad:=P_{\omega, \lambda, \varepsilon}^{x}\left(X_{I}=x_{I}, \ldots, X_{0}=x_{0}\right) v_{\omega, \lambda, \varepsilon_{J}}^{x_{I}}\left(X_{n+1-I}=x_{n+1}, \ldots, X_{1}=x_{I+1}\right)
\end{aligned}
$$

where

$$
J=\max \left\{j \geq 0: H_{j}^{x_{0}} \cap\left\{x_{i}, 0 \leq i \leq n\right\} \neq \varnothing\right\}
$$

is the rightmost hyperplane visited by $\left(x_{i}\right)_{i=0}^{n}$ and

$$
I=\min \left\{0 \leq i \leq n: x_{i} \in H_{J}^{x_{0}}\right\}
$$

is the hitting time to the $J$ th level.
Step 3. By induction, the law $P_{\omega, \lambda, \varepsilon}^{x}$ is well defined for paths of all lengths.
Intuitively, whenever the walker visits new hyperplanes $H_{i}, i \geq 0$, we make him flip a coin $\varepsilon_{i}$. If $\varepsilon_{i}=0$ (or 1 ), he then walks following the law $\nu_{\omega, \lambda, 0}$ (or $v_{\omega, \lambda, 1}$ ) until he reaches the $(i+1)$-th hyperplane. The regeneration time $\tau_{1}$ is defined to be the first time of visiting a new hyperplane $H_{k}$ such that the outcome $\varepsilon_{k-1}$ of the previous coin-tossing is " 1 " and the path will never backtrack to level $H_{k-1}$ in the future.

Note that a path sampled by $P_{\omega, \lambda, \varepsilon}^{x}$ is not a Markov chain, but the law of $X$. under

$$
\bar{P}_{\omega, \lambda}^{x}:=q_{\beta} \times P_{\omega, \lambda, \varepsilon}^{x}
$$

coincides with $P_{\omega, \lambda}^{x}$. That is,

$$
\begin{equation*}
\bar{P}_{\omega, \lambda}^{x}(X . \in \cdot)=P_{\omega, \lambda}^{x}(X . \in \cdot) \tag{10}
\end{equation*}
$$

We denote by

$$
\begin{equation*}
\overline{\mathbb{P}}_{\lambda}:=P \times \bar{P}_{\omega, \lambda} \tag{11}
\end{equation*}
$$

the law of $X$. averaged over the coins and the environment. Expectations with respect to $\bar{P}_{\omega, \lambda}^{x}$ and $\overline{\mathbb{P}}_{\lambda}$ are denoted by $\bar{E}_{\omega, \lambda}^{x}$ and $\overline{\mathbb{E}}_{\lambda}$, respectively. Next, for a path $\left(X_{n}\right)_{n \geq 0}$ sampled according to $P_{\omega, \lambda, \varepsilon}$, we will define the regeneration times. To be specific, put $S_{0}=0, M_{0}=0$, and define inductively the times $S_{k}$ and $R_{k}$ and the distances $M_{k}$ by

$$
\begin{align*}
S_{k+1} & =\inf \left\{T_{n+1}: n L_{1} \geq M_{k} \text { and } \varepsilon_{n}=1\right\}, \\
R_{k+1} & =S_{k+1}+T_{-1 / 4} \circ \theta_{S_{k+1}}  \tag{12}\\
M_{k+1} & =X_{S_{k+1}} \cdot e_{1}+N \circ \theta_{S_{k+1}} \cdot L_{1}, \quad k \geq 0
\end{align*}
$$

Here, $\theta_{n}$ denotes the time shift of the path, that is, $\theta_{n} X .=\left(X_{n+i}\right)_{i=0}^{\infty}$, and

$$
\begin{equation*}
N:=\inf \left\{n: n L_{1}>\left(X_{i}-X_{0}\right) \cdot e_{1} \text { for all } i \leq T_{-1 / 4}\right\} . \tag{13}
\end{equation*}
$$

We use the convention that $\inf \varnothing=\infty$. Set

$$
\begin{align*}
& K:=\inf \left\{k \geq 1: S_{k}<\infty, R_{k}=\infty\right\},  \tag{14}\\
& \tau_{1}:=S_{K} \quad \text { and } \quad \tau_{k+1}=\tau_{k}+\tau_{1} \circ \theta_{\tau_{k}} . \tag{15}
\end{align*}
$$

The times $\left(\tau_{k}\right)_{k \geq 1}$ are called regeneration times; see Figure 1 for an illustration.


Fig. 1. A sample path of the random walk. A black dot at $X_{T_{n}}$ represents a successful coin toss $\varepsilon_{n}=1$, a white dot corresponds to $\varepsilon_{n}=0$. After hitting $H_{2}$, the random walk does not backtrack more than $L_{1} / 4$, but since $\varepsilon_{1}=0$, this is not a regeneration time. Since $\varepsilon_{3}=1$ and after reaching $H_{4}$, the path does not backtrack more than $L_{1} / 4$, we have $\tilde{\tau}_{1}=T_{3}, \tau_{1}=T_{4}$. Note that $\varepsilon_{3}=1$ implies that the hitting point $X_{T_{4}}$ was chosen according to $\mu_{\omega, \lambda, 1}^{X_{T_{3}}}$.
3.3. Renewal property of the regenerations. The regeneration times possess good renewal properties:

1. Set $\tau_{0}=0$. For $k \geq 0$, define

$$
\tilde{S}_{k+1}:=\inf \left\{T_{n}: n L_{1} \geq M_{k} \text { and } \varepsilon_{n}=1\right\},
$$

with $M_{k}$ as in (12). That is, if we divide the space by the hyperplanes $H_{k}$ at distance $L_{1}$ of each other, $\tilde{S}_{k+1}$ is the hitting time of a hyperplane after the previous maximum $M_{k}$ is achieved and when the coin toss corresponding to this hyperplane is a success. Note that $S_{k+1}$ is the hitting time of the next hyperplane after $\tilde{S}_{k+1}$. Let $\tilde{\tau}_{k}$ be the hitting time to the previous hyperplane of $X_{\tau_{k}}$. Namely, with $K$ as in (14), set

$$
\tilde{\tau}_{1}:=\tilde{S}_{K}, \quad \tilde{\tau}_{k+1}:=\tau_{k}+\tilde{\tau}_{1} \circ \theta_{\tau_{k}} \quad(k>1) .
$$

Note that at time $\tilde{\tau}_{k}$ the $\varepsilon_{i}$-coin toss is a success and, after arriving at $X_{\tau_{k}}$, the hyperplane of $X_{\tilde{\tau}_{k}}$ is never visited again. Conditioning on $X_{\tilde{\tau}_{k}}=x$, the law of $X_{\tau_{k}}$ is $\mu_{\omega, \lambda, 1}^{x}$, which is independent (under the environment measure $P$ ) of $\sigma(\omega(y, z)$ : $y \cdot e_{1} \leq x \cdot e_{1}$ ).

Moreover, after time $\tau_{k}$, the path will never visit $\left\{y: y \cdot e_{1} \leq x \cdot e_{1}+3 L_{1} / 4\right\}$. Therefore, $\tau_{k+1}-\tau_{k}$ is independent of what happened before $\tilde{\tau}_{k-1}$ and the interregeneration times form a 1-dependent sequence.
2. Since $\left(X_{\tilde{\tau}_{k+1}}-X_{\tau_{k}}\right)_{k \geq 1}$ are i.i.d. and $\left(X_{\tau_{k+1}}-X_{\tilde{\tau}_{k+1}}\right) \cdot e_{1}=1 / \lambda_{1}$, the interregeneration distances $\left(\left(X_{\tau_{k+1}}-X_{\tau_{k}}\right) \cdot e_{1}\right)_{k \geq 1}$ are i.i.d.
3. From the construction, we see that a regeneration occurs after roughly a geometric number of levels. Thus, we expect $\left(X_{\tau_{k+1}}-X_{\tau_{k}}\right) \cdot e_{1} \sim c / \lambda$ and (by Lemma 7) $\tau_{k+1}-\tau_{k} \sim c / \lambda^{2}$.

The above properties are made more precise in Lemma 12 below, the proof follows as in [12]. We introduce the $\sigma$-field

$$
\mathcal{G}_{k}:=\sigma\left(\tilde{\tau}_{k},\left(X_{i}\right)_{i \leq \tilde{\tau}_{k}},(\omega(x, y))_{x \cdot e_{1} \leq X_{\tilde{\tau}_{k}} \cdot e_{1}}\right)
$$

and set

$$
\begin{equation*}
p_{\lambda}:=E\left[\sum_{y \in H_{1}} \mu_{\omega, \lambda, 1}(y) P_{\omega, \lambda}^{y}\left(T_{-1 / 4}=\infty\right)\right] . \tag{16}
\end{equation*}
$$

LEMMA 12. For any appropriate measurable sets $B_{1}, B_{2}$ and any event

$$
B:=\left\{\left(X_{i}\right)_{i \geq 0} \in B_{1},(\omega(x, y))_{x \cdot e_{1}>-L_{1} / 4} \in B_{2}\right\},
$$

we have for $k \geq 1$,

$$
\overline{\mathbb{P}}_{\lambda}\left(B \circ \bar{\theta}_{\tau_{k}} \mid \mathcal{G}_{k}\right)=E\left[\sum_{y \in H_{1}} \mu_{\omega, \lambda, 1}(y) \bar{P}_{\omega, \lambda}^{y}\left(B \cap\left\{T_{-1 / 4}=\infty\right\}\right)\right] / p_{\lambda}
$$

where $\bar{\theta}_{n}$ is the time-shift defined by

$$
B \circ \bar{\theta}_{n}=\left\{\left(X_{i}\right)_{i \geq n} \in B_{1},(\omega(x, y))_{\left(x-X_{n}\right) \cdot e_{1}>-L_{1} / 4} \in B_{2}\right\} .
$$

We say that a sequence of random variables $\left(Y_{i}\right)_{i \in \mathbb{N}}$ is $m$-dependent $(m \in \mathbb{N})$ if

$$
\sigma\left(Y_{i} ; 1 \leq i \leq n\right) \quad \text { and } \quad \sigma\left(Y_{j} ; j>n+m\right) \quad \text { are independent, } \forall n \in \mathbb{N} .
$$

The law of large numbers and central limit theorem also hold for a stationary $m$ dependent sequence with finite means and variances; see [3], Theorem 5.2. The following proposition is an immediate consequence of Lemma 12.

Proposition 13. Under $\overline{\mathbb{P}}_{\lambda},\left(X_{\tau_{n+1}}-X_{\tau_{n}}\right)_{n \geq 1}$ and $\left(\tau_{n+1}-\tau_{n}\right)_{n \geq 1}$ are stationary 1-dependent sequences. Furthermore, for all $n \geq 1,\left(X_{\tau_{n+1}}-X_{\tau_{n}}, \tau_{n+1}-\right.$ $\tau_{n}$ ) has the following law:

$$
\begin{aligned}
& \overline{\mathbb{P}}_{\lambda}\left(X_{\tau_{n+1}}-X_{\tau_{n}} \in \cdot, \tau_{n+1}-\tau_{n} \in \cdot\right) \\
& \quad=E\left[\sum_{y \in H_{1}} \mu_{\omega, \lambda, 1}(y) \bar{P}_{\omega, \lambda}^{y}\left(X_{\tau_{1}} \in \cdot, \tau_{1} \in \cdot, T_{-1 / 4}=\infty\right)\right] / p_{\lambda}
\end{aligned}
$$

3.4. Moment estimates of regeneration times. In this section, we will show that the rescaled inter-regeneration times $\lambda^{2}\left(\tau_{2}-\tau_{1}\right)$ and inter-regeneration distances $\lambda\left(X_{\tau_{2}}-X_{\tau_{1}}\right)$ have finite exponential moments.

THEOREM 14. There exist constants $c_{5}, C_{5}>0$ such that for any $\omega$ and $\lambda \in$ ( $0, \lambda_{0}$ ),

$$
\bar{E}_{\omega, \lambda}\left[\exp \left(c_{5} \lambda X_{\tau_{1}} \cdot e_{1}\right)\right] \leq C_{5}<\infty .
$$

Proof. First, observe that

$$
\begin{aligned}
\bar{E}_{\omega, \lambda}\left[\exp \left(c \lambda X_{\tau_{1}} \cdot e_{1}\right)\right] & =\sum_{k \geq 1} \bar{E}_{\omega, \lambda}\left[\exp \left(c \lambda X_{S_{k}} \cdot e_{1}\right) \mathbb{1}_{\left\{S_{k}<\infty, \tau_{1}=S_{k}\right\}}\right] \\
& \leq \sum_{k \geq 1} \bar{E}_{\omega, \lambda}\left[\exp \left(c \lambda X_{S_{k}} \cdot e_{1}\right) \mathbb{1}_{\left\{S_{k}<\infty\right\}}\right]
\end{aligned}
$$

Next, by the definition of $S_{k}$, when $S_{k+1}<\infty$, we have (recall that $L_{1}=4 L_{0} / \lambda_{1}$ )

$$
X_{S_{1}} \cdot e_{1}=G_{1} L_{1}
$$

and, recalling (13),

$$
\left(X_{S_{k+1}}-X_{S_{k}}\right) \cdot e_{1}=\left(N \circ \theta_{S_{k}}+G_{k}\right) L_{1} \quad \text { for } k \geq 1,
$$

where $G_{k}:=\inf \left\{n \geq 1: \varepsilon_{n+M_{k} / L_{1}}=1\right\}$ is a geometric random variable with parameter $\beta$. Hence, taking $c>0$ small enough, we can achieve

$$
E\left[e^{c G_{k}}\right] \leq \frac{9}{8}
$$

Then, for $k \geq 1$, using the Markov property

$$
\begin{aligned}
\bar{E}_{\omega, \lambda} & {\left[\exp \left(c X_{S_{k+1}} \cdot e_{1} / L_{1}\right) \mathbb{1}_{\left\{S_{k+1}<\infty\right\}}\right] } \\
& \leq \frac{9}{8} \bar{E}_{\omega, \lambda}\left[\exp \left(c X_{S_{k}} \cdot e_{1} / L_{1}+c N \circ \theta_{S_{k}}\right) \mathbb{1}_{\left\{S_{k}<\infty\right\}}\right] \\
& =\frac{9}{8} \sum_{x} \bar{E}_{\omega, \lambda}\left[\exp \left(c x \cdot e_{1} / L_{1}\right) \mathbb{1}_{\left\{S_{k}<\infty, X_{S_{k}}=x\right\}}\right] \bar{E}_{\omega, \lambda}^{x}\left[e^{c N_{1}} \mathbb{1}_{\left\{T_{-1 / 4}<\infty\right\}}\right]
\end{aligned}
$$

Further, for any $\omega$,

$$
\begin{aligned}
& E_{\omega, \lambda}\left[e^{c N^{1}} \mathbb{1}_{\left\{T_{-1 / 4}<\infty\right\}}\right] \\
& \quad \leq e^{c} P_{\omega, \lambda}\left(T_{-1 / 4}<\infty\right)+\sum_{n \geq 2} e^{c n} P_{\omega, \lambda}\left(N=n, T_{-1 / 4}<\infty\right) \\
& \quad \leq e^{c} P_{\omega, \lambda}\left(T_{-1 / 4}<\infty\right) \\
& \quad+\sum_{n \geq 2} \sum_{z \in H_{n-1}} e^{c n} P_{\omega, \lambda}\left(X_{T_{n-1}}=z\right) P_{\omega, \lambda}^{z}\left(T_{-(n-1)-1 / 4}<T_{1}\right) \\
& \quad \stackrel{\text { Cor. } 6}{\leq} e^{c} / 2+\sum_{n \geq 1}\left(e^{c} / 16\right)^{n} \leq 7 / 8,
\end{aligned}
$$

where the last inequality is achieved by taking $c>0$ sufficiently small. Thus, we conclude that taking $c>0$ sufficiently small, for $k \geq 1$,

$$
\begin{aligned}
& \bar{E}_{\omega, \lambda}\left[\exp \left(c X_{S_{k+1}} \cdot e_{1} / L_{1}\right) \mathbb{1}_{\left\{S_{k+1}<\infty\right\}}\right] \\
& \quad \leq \frac{63}{64} \bar{E}_{\omega, \lambda}\left[\exp \left(c X_{S_{k}} \cdot e_{1} / L_{1}\right) \mathbb{1}_{\left\{S_{k}<\infty\right\}}\right]
\end{aligned}
$$

Therefore,

$$
\begin{aligned}
\bar{E}_{\omega, \lambda} & {\left[\exp \left(c X_{\tau_{1}} \cdot e_{1} / L_{1}\right)\right] } \\
& \leq \sum_{k \geq 1}\left(\frac{63}{64}\right)^{k-1} \bar{E}_{\omega, \lambda}\left[\exp \left(c X_{S_{1}} \cdot e_{1} / L_{1}\right) \mathbb{1}_{\left\{S_{1}<\infty\right\}}\right] \\
& =64 E\left[e^{c G_{1}}\right] \leq 72
\end{aligned}
$$

which completes the proof.
COROLLARY 15. There exist constants $c_{6}, C_{6}, c_{7}, C_{7}>0$ such that for any integer $n \geq 0$, any $\omega$ and $\lambda \in\left(0, \lambda_{0}\right)$,

$$
\begin{align*}
\overline{\mathbb{E}}_{\lambda}\left[\exp \left(c_{6} \lambda\left(X_{\tau_{n+1}}-X_{\tau_{n}}\right) \cdot e_{1}\right)\right] & <C_{6}  \tag{17}\\
\overline{\mathbb{E}}_{\lambda}\left[\exp \left(c_{7} \lambda^{2}\left(\tau_{n+1}-\tau_{n}\right)\right)\right] & <C_{7} \tag{18}
\end{align*}
$$

Proof. When $n=0$, inequality (17) reduces to Theorem 14. For $n \geq 1$, by Proposition 13,

$$
\begin{aligned}
& \overline{\mathbb{E}}_{\lambda}\left[\exp \left(c_{5} \lambda\left(X_{\tau_{n+1}}-X_{\tau_{n}}\right) \cdot e_{1}\right)\right] \\
& \quad \leq 2 E\left[\sum_{y \in H_{1}} \mu_{\omega, \lambda, 1}(y) \bar{E}_{\omega, \lambda}^{y}\left[\exp \left(c_{5} \lambda X_{\tau_{1}} \cdot e_{1}\right) \mathbb{1}_{\left\{T_{-1 / 4}=\infty\right\}}\right]\right] \leq 2 C_{5}
\end{aligned}
$$

where we used again Theorem 14 and the fact (see Corollary 6) that $P_{\omega, \lambda}\left(T_{-1 / 4}=\right.$ $\infty) \geq 1 / 2$ for all $\omega$ and $\lambda \in\left(0, \lambda_{0}\right)$. This proves (17). To prove (18), it suffices to show that

$$
\begin{equation*}
\overline{\mathbb{P}}_{\lambda}\left(\tau_{n+1}-\tau_{n}>C m / \lambda^{2}\right) \leq C e^{-c_{6} m}, \quad \forall m \geq 1, n \geq 0 \tag{19}
\end{equation*}
$$

From (17), we get the bound

$$
\begin{aligned}
& \overline{\mathbb{P}}_{\lambda}\left(\tau_{n+1}-\tau_{n}>C_{1} m / \lambda^{2}\right) \\
& \quad \leq \overline{\mathbb{P}}_{\lambda}\left(\left(X_{\tau_{n+1}}-X_{\tau_{n}}\right) \cdot e_{1} \geq m L_{1}\right)+\overline{\mathbb{E}}_{\lambda}\left[P_{\omega, \lambda}^{X_{\tau_{n}}}\left(T_{m}>C_{1} m / \lambda^{2}\right)\right] \\
& \quad \leq C_{6} e^{-c m}+e^{-c_{1} m}
\end{aligned}
$$

by Lemma 7.
Corollary 16. Let $\lambda \in\left(0, \lambda_{0}\right)$.
(a) The speed $v(\lambda)$ satisfies $|v(\lambda)| \in\left(C \lambda, C^{\prime} \lambda\right)$ for positive constants $C, C^{\prime}$.
(b) The limit $Q_{\lambda}$ in (3) exists $\mathbb{P}_{\lambda}$-almost surely for any bounded continuous $f$, and it defines an invariant measure for the process $\left(\bar{\omega}_{n}\right)_{n}$. Moreover, for any $f \in \mathcal{F}$, there exists $\lambda_{0}>0$ such that for $\lambda<\lambda_{0}$,

$$
\begin{equation*}
Q_{\lambda} f=\overline{\mathbb{E}}_{\lambda}\left[\sum_{\tau_{1} \leq i<\tau_{2}} f\left(\bar{\omega}_{i}\right)\right] / / \overline{\mathbb{E}}_{\lambda}\left[\tau_{2}-\tau_{1}\right] . \tag{20}
\end{equation*}
$$

Proof. (a) Since the inter-regeneration distances and inter-regeneration times are stationary 1-dependent sequences (Proposition 13), and they have exponential moments (Corollary 15), the law of large numbers gives

$$
v(\lambda)=\lim _{n \rightarrow \infty} \frac{X_{n}}{n}=\lim _{n \rightarrow \infty} \frac{X_{\tau_{n}}}{\tau_{n}}=\frac{\overline{\mathbb{E}}_{\lambda}\left[X_{\tau_{2}}-X_{\tau_{1}}\right]}{\overline{\mathbb{E}}_{\lambda}\left[\tau_{2}-\tau_{1}\right]} .
$$

Moreover, by Corollary 15 we have $|v(\lambda)| \geq \frac{1 / \lambda}{c / \lambda^{2}}>C \lambda$. On the other hand,

$$
\begin{align*}
E_{\omega, \lambda}\left[T_{1}\right] & \geq \frac{t}{\lambda^{2}} P_{\omega, \lambda}\left(T_{1} \geq t / \lambda^{2}\right) \geq \frac{t}{\lambda^{2}} P_{\omega, \lambda}\left(\max _{0 \leq s \leq t / \lambda^{2}}\left|X_{s}\right| \leq L_{1}\right) \\
& =\frac{t}{\lambda^{2}}\left(1-P_{\omega, \lambda}\left(\max _{0 \leq s \leq t / \lambda^{2}}\left|X_{s}\right|>L_{1}\right)\right)  \tag{21}\\
& \geq \frac{t}{\lambda^{2}}(1-C t) \geq t / 2 \lambda^{2},
\end{align*}
$$

for all $\omega \in \Omega$ and $\lambda \in\left(0, \lambda_{0}\right)$ and $t>0$ a sufficiently small constant (where we used Lemma 8 for the second-last inequality). Then we also have a lower bound for the moment of the inter-regeneration time

$$
\begin{equation*}
\overline{\mathbb{E}}_{\lambda}\left[\tau_{n+1}-\tau_{n}\right] \geq c / \lambda^{2} \quad \text { for all } \lambda \in\left(0, \lambda_{0}\right), n \geq 0 \tag{22}
\end{equation*}
$$

So we have $|v(\lambda)| \leq C^{\prime} \lambda$.
(b) For a ballistic random walk in a uniformly elliptic finitely dependent random environment, recall that the regeneration times (which are different from the regeneration times in our paper) constructed by Comets and Zeitouni in [4] divide both the path and the environment into i.i.d. inter-regeneration pieces. This regeneration structure and the same argument as in the proof of Theorem 3.1 of [25] yields that the annealed law of $\bar{\omega}_{n}$ converges to an ergodic invariant measure, which we denote by $Q_{\lambda}$, of the sequence $\left(\bar{\omega}_{n}\right)$. Hence,

$$
Q_{\lambda} f=\lim _{n \rightarrow \infty} \overline{\mathbb{E}}_{\lambda}\left[\frac{1}{n} \sum_{i=0}^{n} f\left(\bar{\omega}_{i}\right)\right] \quad \text { for any } f \in \mathcal{F}
$$

Suppose $f \in \mathcal{F}$ is $\sigma(\omega(x, \cdot):|x| \leq K)$-measurable for some $K>0$, then by Proposition 13, when $\lambda<1 /(4 K)$, the sequence $\left(\sum_{\tau_{k} \leq i<\tau_{k+1}} f\left(\bar{\omega}_{i}\right)\right), k \geq 1$, is

1-dependent and stationary. Therefore, by the moment estimates in Corollary 15 and the law of large numbers for 1-dependent stationary sequences, we have

$$
\begin{aligned}
\lim _{n \rightarrow \infty} \overline{\mathbb{E}}_{\lambda}\left[\frac{1}{n} \sum_{i=0}^{n} f\left(\bar{\omega}_{i}\right)\right] & =\lim _{k \rightarrow \infty} \overline{\mathbb{E}}_{\lambda}\left[\frac{1}{\tau_{k}} \sum_{i=0}^{\tau_{k}} f\left(\bar{\omega}_{i}\right)\right] \\
& =\overline{\mathbb{E}}_{\lambda}\left[\sum_{\tau_{1} \leq i<\tau_{2}} f\left(\bar{\omega}_{i}\right)\right] / \overline{\mathbb{E}}_{\lambda}\left[\tau_{2}-\tau_{1}\right] .
\end{aligned}
$$

4. Proof of Theorem 3. Recall the notation $\mathbb{E}_{Q, \lambda}$ in Theorem 3. We start by writing the expectation with respect to the unperturbed measure,

$$
\mathbb{E}_{Q, \lambda}\left[\frac{\lambda}{t} \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)\right]=\mathbb{E}_{Q, 0}\left[\frac{\lambda}{t} \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right) \frac{\mathrm{d} P_{\omega, \lambda}}{\mathrm{d} P_{\omega}}\left(X_{s} ; 0 \leq s \leq t / \lambda^{2}\right)\right]
$$

and first study the Radon-Nikodym derivative

$$
\begin{equation*}
G_{\omega}(\lambda, n)=\frac{\mathrm{d} P_{\omega, \lambda}}{\mathrm{d} P_{\omega}}\left(X_{s} ; 0 \leq s \leq n\right) \tag{23}
\end{equation*}
$$

4.1. An expansion of the Radon-Nikodym derivative. In this subsection, we will derive a formula (25) for the density $G_{\omega}(\lambda, n)$. For a path $\left(x_{0}, \ldots, x_{n}\right)$ with $x_{0}=0$ we have

$$
\begin{aligned}
& \frac{P_{\omega, \lambda}\left(\left(x_{0}, \ldots, x_{n}\right)\right)}{P_{\omega}\left(\left(x_{0}, \ldots, x_{n}\right)\right)} \\
& \quad=\prod_{i=0}^{n-1} e^{\lambda \ell \cdot\left(x_{i+1}-x_{i}\right)} \frac{\sum_{|e|=1} \omega\left(x_{i}, x_{i}+e\right)}{\sum_{|e|=1} \omega\left(x_{i}, x_{i}+e\right) e^{\lambda \ell \cdot e}} \\
& \quad=\exp \left\{\lambda \ell \cdot x_{n}-\sum_{i=0}^{n-1} \log \left[\frac{\sum_{|e|=1} \omega\left(x_{i}, x_{i}+e\right) e^{\lambda \ell \cdot e}}{\sum_{|e|=1} \omega\left(x_{i}, x_{i}+e\right)}\right]\right\} .
\end{aligned}
$$

Note that, for any $\omega \in \Omega$,

$$
\begin{aligned}
\log [ & \left.\frac{\sum_{|e|=1} \omega(0, e) e^{\lambda \ell \cdot e}}{\sum_{|e|=1} \omega(0, e)}\right] \\
& =\log \left[\frac{\sum_{|e|=1} \omega(0, e)\left(1+\lambda \ell \cdot e+\frac{(\lambda \ell \cdot e)^{2}}{2}+o\left(\lambda^{2}\right)\right)}{\sum_{|e|=1} \omega(0, e)}\right] \\
& =\log \left[1+\lambda E_{\omega}\left[X_{1} \cdot \ell\right]+\frac{\lambda^{2}}{2} E_{\omega}\left[\left(X_{1} \cdot \ell\right)^{2}\right]+o\left(\lambda^{2}\right)\right] \\
& =\lambda E_{\omega}\left[X_{1}\right] \cdot \ell+\frac{\lambda^{2}}{2} \operatorname{Var}_{\omega}\left[X_{1} \cdot \ell\right]+o\left(\lambda^{2}\right),
\end{aligned}
$$

where in the last inequality we used the expansion $\log (1+x)=x-x^{2} / 2+o\left(x^{2}\right)$ and we write $\operatorname{Var}_{\omega}$ for the variance with respect to $P_{\omega}$. Then, recalling $d(\omega, x)=$ $E_{\omega}^{x}\left[X_{1}-X_{0}\right]$, we obtain

$$
\begin{aligned}
& \frac{P_{\omega, \lambda}\left(\left(x_{0}, \ldots, x_{n}\right)\right)}{P_{\omega}\left(\left(x_{0}, \ldots, x_{n}\right)\right)} \\
& \quad=\exp \left\{\lambda x_{n} \cdot \ell-\sum_{i=0}^{n-1}\left(\lambda d\left(\omega, x_{i}\right) \cdot \ell+\frac{\lambda^{2}}{2} \operatorname{Var}_{\theta_{x_{i}} \omega}\left[\left(X_{1}-X_{0}\right) \cdot \ell\right]+o\left(\lambda^{2}\right)\right)\right\} .
\end{aligned}
$$

Hence, writing

$$
\begin{equation*}
M_{n}:=\left(X_{n}-\sum_{i=0}^{n-1} d\left(\omega, X_{i}\right)\right) \cdot \ell, \quad D_{\ell}(\omega):=\operatorname{Var}_{\omega}\left[\left(X_{1}-X_{0}\right) \cdot \ell\right] \tag{24}
\end{equation*}
$$

we conclude that

$$
\begin{align*}
G_{\omega}(\lambda, n) & =\frac{\mathrm{d} P_{\omega, \lambda}}{\mathrm{d} P_{\omega}}\left(X_{s} ; 0 \leq s \leq n\right)  \tag{25}\\
& =\exp \left\{\lambda M_{n}-\frac{\lambda^{2}}{2} \sum_{i=0}^{n-1} D_{\ell}\left(\bar{\omega}_{i}\right)+n \cdot o\left(\lambda^{2}\right)\right\} .
\end{align*}
$$

4.2. Weak convergence and Girsanov transform. In this subsection, we will compute the limit of

$$
\begin{aligned}
\mathbb{E}_{Q, \lambda} & {\left[\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)\right] } \\
& =\mathbb{E}_{Q, 0}\left[\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right) G_{\omega}\left(\lambda, t / \lambda^{2}\right)\right] \\
& =\mathbb{E}_{Q, 0}\left[\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right) \exp \left\{\lambda M_{t / \lambda^{2}}-\frac{\lambda^{2}}{2} \sum_{i=0}^{t / \lambda^{2}-1} D_{\ell}\left(\bar{\omega}_{i}\right)+t \cdot o(1)\right\}\right]
\end{aligned}
$$

for $f \in \mathcal{H}_{-1}$ and any fixed $t>0$, as $\lambda \rightarrow 0$. First, we compute the limits of the terms in the expectation (26). Recall that for any $f \in \mathcal{H}_{-1}$, the process $\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)$ converges weakly (under $Q_{0} \times P_{\omega}$ ) to a Brownian motion $N_{t}^{f}$. Furthermore, notice that $M_{n}$ given in (24) is a $P_{\omega}$-martingale whose increments are bounded and stationary with respect to $Q_{0} \times P_{\omega}$. Hence, the (joint) martingale CLT yields the joint convergence

$$
\begin{equation*}
\lambda\left(\sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right), M_{t / \lambda^{2}}\right)_{t \geq 0} \xrightarrow[\lambda \rightarrow 0]{ }\left(N_{t}^{f}, N_{t}\right)_{t \geq 0} \tag{27}
\end{equation*}
$$

in distribution under $Q_{0} \times P_{\omega}$ to a 2-dimensional Brownian motion $\left(N_{t}^{f}, N_{t}\right)_{t \geq 0}$. Recall that the process $\left(\bar{\omega}_{n}\right)_{n \geq 0}$ is stationary and ergodic with respect to the initial measure $Q_{0}$ defined in (2). By the ergodic theorem, we have

$$
\frac{\lambda^{2}}{2} \sum_{i=0}^{t / \lambda^{2}-1} D_{\ell}\left(\bar{\omega}_{i}\right) \underset{\lambda \rightarrow 0}{\longrightarrow} \frac{t}{2} E_{Q_{0}}\left[D_{\ell}(\omega)\right]
$$

$Q_{0} \times P_{\omega}$-almost surely and hence also $\mathbb{P}$-almost surely, where $E_{Q_{0}}$ denotes the expectation with respect to $Q_{0}$.

Next, we will show that $G_{\omega}\left(\lambda, t / \lambda^{2}\right)$ is uniformly bounded in $L^{p}\left(P_{\omega}\right), p \geq 1$. In fact, for any $p \geq 1$ and small enough $\lambda \leq \lambda_{0}=\lambda_{0}(p, t)$, we claim

$$
\begin{equation*}
E_{\omega}\left[G_{\omega}\left(\lambda, t / \lambda^{2}\right)^{p}\right] \leq e^{p^{2} \frac{t}{2}+1} \tag{28}
\end{equation*}
$$

To show (28), note that by the expansion of the Radon-Nikodym derivative in (25),

$$
\log G_{\omega}\left(p \lambda, t / \lambda^{2}\right)-p \log G_{\omega}\left(\lambda, t / \lambda^{2}\right)=\left(p^{2}-p\right) \frac{\lambda^{2}}{2} \sum_{i=0}^{t / \lambda^{2}-1} D_{\ell}\left(\bar{\omega}_{i}\right)+C_{p, t} o(1)
$$

Since $D_{\ell}(\omega)=\operatorname{Var}_{\omega}\left[\left(X_{1}-X_{0}\right) \cdot \ell\right] \leq 1$ for all $\omega$, we have

$$
\left|\log G_{\omega}\left(p \lambda, t / \lambda^{2}\right)-p \log G_{\omega}\left(\lambda, t / \lambda^{2}\right)\right| \leq p^{2} t / 2+1
$$

for all $0<\lambda \leq \lambda_{0}(p, t)$, where $\lambda_{0}(p, t)$ is small enough. Inequality (28) then follows by recalling that $E_{\omega}\left[G_{\omega}\left(p \lambda, t / \lambda^{2}\right)\right]=1$.

Finally, we will show that

$$
\begin{equation*}
\lim _{\lambda \rightarrow 0} \mathbb{E}_{Q, \lambda}\left[\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)\right]=t \operatorname{Cov}\left(N_{1}^{f}, N_{1}\right) \tag{29}
\end{equation*}
$$

Note that the uniform integrability of $G_{\omega}\left(\lambda, t / \lambda^{2}\right)$ yields

$$
\mathbb{E}_{Q, 0}\left[G_{\omega}\left(\lambda, t / \lambda^{2}\right)\right] \underset{\lambda \rightarrow 0}{\longrightarrow} E\left[\exp \left\{N_{t}-\frac{t}{2} E_{Q_{0}}\left[D_{\ell}(\omega)\right]\right\}\right]
$$

and integrating the density gives $\mathbb{E}_{Q, 0}\left[G_{\omega}\left(\lambda, t / \lambda^{2}\right)\right]=1$ for any $\lambda>0$, hence we have necessarily $E\left[N_{t}^{2}\right]=t E_{Q_{0}}\left[D_{\ell}(\omega)\right]$. Furthermore, since $\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)$ is bounded in $L^{2}$ and the density $G\left(\lambda, t / \lambda^{2}\right)$ is bounded in $L^{p}$ for any $p \geq 1$, their product is uniformly integrable, which implies

$$
\begin{aligned}
\lim _{\lambda \rightarrow 0} \mathbb{E}_{Q, \lambda}\left[\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)\right] & =\lim _{\lambda \rightarrow 0} \mathbb{E}_{Q, 0}\left[\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right) G_{\omega}\left(\lambda, t / \lambda^{2}\right)\right] \\
& \stackrel{(26)}{=} E\left[N_{t}^{f} e^{N_{t}-\frac{1}{2} E\left[N_{t}^{2}\right]}\right]
\end{aligned}
$$

By Girsanov's formula,

$$
E\left[N_{t}^{f} e^{N_{t}-\frac{1}{2} E\left[N_{t}^{2}\right]}\right]=E\left[N_{t}^{f}+\operatorname{Cov}\left(N_{t}^{f}, N_{t}\right)\right]=\operatorname{Cov}\left(N_{t}^{f}, N_{t}\right)
$$

which proves (29).
4.3. Remarks on the value of $\Lambda f$. We have obtained in (29) an expression for the operator $\Lambda$ in (5)

$$
\Lambda f=\operatorname{Cov}\left(N_{1}^{f}, N_{1}\right)
$$

To complete the proof of Theorem 3, we now show that this coincides with the definition of $\Lambda$ in (4),

$$
\Lambda f=-\operatorname{Cov}\left(N_{1}^{f}, N_{1}^{d} \cdot \ell\right)
$$

where $\left(N_{t}^{d}\right)_{t \geq 0}$ denotes the weak (Gaussian) limit of the process $\lambda \sum_{k=0}^{t / \lambda^{2}} d\left(\bar{\omega}_{k}, 0\right)$ as $\lambda \rightarrow 0$. In the following, we denote by

$$
\Delta X_{k}:=X_{k+1}-X_{k}
$$

the increments of the random walk. Noting that for any $n \geq 1$, the sequence $\left(\Delta X_{0}, \ldots, \Delta X_{n-1}, \bar{\omega}_{0}, \ldots, \bar{\omega}_{n}\right)$ has the same distribution as $\left(-\Delta X_{n-1}, \ldots\right.$, $\left.-\Delta X_{0}, \bar{\omega}_{n}, \ldots, \bar{\omega}_{0}\right)$ under $Q_{0} \times P_{\omega}$, we have
(30) $\mathbb{E}_{Q, 0}\left[\left(X_{n}-X_{0}\right) \cdot\left(\sum_{k=0}^{n} f\left(\bar{\omega}_{k}\right)\right)\right]=\mathbb{E}_{Q, 0}\left[\left(X_{0}-X_{n}\right) \cdot\left(\sum_{k=0}^{n} f\left(\bar{\omega}_{k}\right)\right)\right]=0$.

Consequently,

$$
\begin{aligned}
\operatorname{Cov}\left(N_{1}^{f}, N_{1}\right) & =\lim _{n \rightarrow \infty} \frac{1}{n} \mathbb{E}_{Q, 0}\left[\left(\sum_{k=0}^{n} f\left(\bar{\omega}_{k}\right)\right)\left(X_{n}-\sum_{i=0}^{n} d\left(\omega, X_{i}\right)\right) \cdot \ell\right] \\
& =-\lim _{n \rightarrow \infty} \frac{1}{n} \mathbb{E}_{Q, 0}\left[\left(\sum_{k=0}^{n} f\left(\bar{\omega}_{k}\right)\right)\left(\sum_{i=0}^{n} d\left(\omega, X_{i}\right) \cdot \ell\right)\right] \\
& =-\operatorname{Cov}\left(N_{1}^{f}, N_{1}^{d} \cdot \ell\right)
\end{aligned}
$$

We also remark that replacing the process $\lambda \sum_{k=0}^{t / \lambda^{2}} f\left(\bar{\omega}_{k}\right)$ by $\lambda X_{t / \lambda^{2}}$ in (26), the same argument gives

$$
\begin{align*}
\lim _{\lambda \rightarrow 0} \frac{1}{t} \mathbb{E}_{Q, \lambda}\left[\lambda X_{t / \lambda^{2}}\right] & =\operatorname{Cov}\left(B_{1}, N_{1} \cdot \ell\right) \\
& =\lim _{n \rightarrow \infty} \frac{1}{n} \mathbb{E}_{Q, 0}\left[X_{n}\left(X_{n}-\sum_{i=0}^{n} d\left(\omega, X_{i}\right)\right) \cdot \ell\right]  \tag{31}\\
& =\lim _{n \rightarrow \infty} \mathbb{E}_{Q, 0}\left[X_{n}\left(X_{n} \cdot \ell\right)\right]=\Sigma \ell
\end{align*}
$$

5. A uniform LLN. In this section, we show a quantitative result for the convergence to the steady state of a function $g$ of the environment seen from the particle and the increments of the process, provided that we can control maxima of the sum over $g$. In the next section, we will show that for functions $f \in \mathcal{F}$, we can control the maxima and can use the following theorem to prove Theorem 4.

THEOREM 17. Let $g: \Omega \times\left\{e \in \mathbb{Z}^{d}:|e| \leq 1\right\} \rightarrow \mathbb{R}$ be a function such that $g(\cdot, e) \in \mathcal{F}$ for any $|e| \leq 1$. Assume that for all $\lambda$ smaller than some $\lambda_{0}>0$ and $n \geq 0$,

$$
\begin{equation*}
\| \max _{0 \leq m \leq n / \lambda^{2}}\left|\lambda \sum_{k=0}^{m} g\left(\bar{\omega}_{k}, \Delta X_{k}\right)\right|_{L^{3 / 2}\left(Q_{0} \times P_{\omega, \lambda}\right)} \leq C e^{c \sqrt{n}} . \tag{32}
\end{equation*}
$$

Then there exists a constant $C_{8}=C_{8}(\kappa, d, g)$ such that for any $t>1$ and $\lambda \in$ ( $0, \lambda_{0}$ ),

$$
\begin{equation*}
\left|\frac{\frac{\lambda^{2}}{t} \mathbb{E}_{Q, \lambda}\left[\sum_{k=0}^{t / \lambda^{2}} g\left(\bar{\omega}_{k}, \Delta X_{k}\right)\right]-E_{\mathbb{Q}_{\lambda}}\left[g\left(\omega, \Delta X_{0}\right)\right]}{\lambda}\right| \leq \frac{C_{8}}{t^{1 / 4}} \tag{33}
\end{equation*}
$$

Note that the sequence $\left(\bar{\omega}_{k}, \Delta X_{k}\right)_{k \geq 0}$ is stationary under the measure

$$
\begin{equation*}
\mathbb{Q}_{\lambda}:=Q_{\lambda} \times P_{\omega, \lambda} . \tag{34}
\end{equation*}
$$

Let us denote $\xi_{n}=\sum_{k=0}^{n} g\left(\bar{\omega}_{k}, \Delta X_{k}\right)$ and

$$
\xi_{m, n}^{*}=\max _{m \leq j \leq n}\left|\sum_{k=m}^{j} g\left(\bar{\omega}_{j}, \Delta X_{j}\right)\right|, \quad \xi_{n}^{*}:=\xi_{0, n}^{*}
$$

We first show the following consequence of inequality (32).
Lemma 18. Assume that (32) holds. Then there exists a constant $C>0$ such that

$$
\overline{\mathbb{E}}_{Q, \lambda}\left[\left(\lambda \xi_{\tau_{2}}^{*}\right)^{4 / 3}\right] \leq C, \quad \forall \lambda \in\left(0, \lambda_{0}\right)
$$

Proof. Let $\overline{\mathbb{P}}_{Q, \lambda}=Q_{0} \times \bar{P}_{\omega, \lambda}$. Since $\left(\xi_{n}^{*}\right)_{n \geq 0}$ is monotonically increasing, by Minkowski's and Hölder's inequalities,

$$
\begin{aligned}
\left\|\lambda \xi_{\tau_{2}}^{*}\right\|_{L^{4 / 3}\left(\overline{\mathbb{P}}_{Q, \lambda}\right)} & \leq\left\|\sum_{n=0}^{\infty} \lambda \xi_{n / \lambda^{2},(n+1) / \lambda^{2}}^{*} \mathbb{1}_{\left\{\tau_{2} \geq n / \lambda^{2}\right\}}\right\|_{L^{4 / 3}\left(\mathbb{P}_{Q, \lambda}\right)} \\
& \leq \sum_{n=0}^{\infty}\left\|\lambda \xi_{n / \lambda^{2},(n+1) / \lambda^{2}}^{*} \mathbb{1}_{\left\{\tau_{2} \geq n / \lambda^{2}\right\}}\right\|_{L^{4 / 3}\left(\overline{\mathbb{P}}_{Q, \lambda}\right)} \\
& \leq \sum_{n=0}^{\infty}\left\|\lambda \xi_{n / \lambda^{2},(n+1) / \lambda^{2}}^{*}\right\|_{L^{3 / 2}\left(\overline{\mathbb{P}}_{Q, \lambda}\right)} \overline{\mathbb{P}}_{Q, \lambda}\left(\tau_{2} \geq n / \lambda^{2}\right)^{1 / 12} .
\end{aligned}
$$

By Corollary 15 and the fact that $\mathrm{d} Q_{0} / \mathrm{d} P$ is bounded [cf. (2)], we have

$$
\overline{\mathbb{P}}_{Q, \lambda}\left(\tau_{2} \geq n / \lambda^{2}\right) \leq C \overline{\mathbb{P}}_{\lambda}\left(\tau_{2} \geq n / \lambda^{2}\right) \leq C e^{-c n} \quad \forall n \geq 0
$$

Then the lemma follows by applying inequality (32).

An immediate consequence of (22) and Lemma 18 is

$$
\begin{equation*}
\left|E_{\mathbb{Q}_{\lambda}}\left[g\left(\omega, \Delta X_{0}\right)\right]\right| \stackrel{(20)}{=}\left|\frac{\overline{\mathbb{E}}_{\lambda}\left[\xi_{\tau_{2}}-\xi_{\tau_{1}}\right]}{\overline{\mathbb{E}}_{\lambda}\left[\tau_{2}-\tau_{1}\right]}\right| \leq \frac{\overline{\mathbb{E}}_{Q, \lambda}\left[\xi_{\tau_{1}}^{*}+\xi_{\tau_{2}}^{*}\right]}{c / \lambda^{2}} \leq C \lambda . \tag{35}
\end{equation*}
$$

Proof of Theorem 17. Note that by (35), inequality (32) still holds if $g$ is replaced by $g-E_{\mathbb{Q}_{\lambda}}\left[g\left(\omega, \Delta X_{0}\right)\right]$. Thus without loss of generality, we assume that

$$
E_{\mathbb{Q}_{\lambda}}\left[g\left(\omega, \Delta X_{0}\right)\right]=0 .
$$

1. First, we will show that

$$
\begin{equation*}
\overline{\mathbb{E}}_{Q, \lambda}\left[\max _{1 \leq k \leq n}\left|\lambda \xi_{\tau_{k}}\right|^{4 / 3}\right] \leq C n, \quad \forall n \geq 1 \tag{36}
\end{equation*}
$$

Indeed, for $m \geq 0$, let $N_{m}=\sum_{i=\tau_{m}}^{\tau_{m+1}-1} g\left(\bar{\omega}_{i}, \Delta X_{i}\right)$. Then for any $m \geq 1$ by similar arguments as in the proof of (20),

$$
\overline{\mathbb{E}}_{\lambda}\left[N_{m}\right]=E_{\mathbb{Q}_{\lambda}}\left[g\left(\omega, \Delta X_{0}\right)\right] \overline{\mathbb{E}}_{\lambda}\left[\tau_{2}-\tau_{1}\right]=0
$$

Hence, $\left(\sum_{m=0}^{n} N_{m}\right)_{n \geq 1}$ is a sequence with 1-dependent zero-mean increments under the measure $P \times P_{\omega, \lambda}$, and hence by (2) also under $Q_{0} \times P_{\omega, \lambda}$. Moreover, by Lemma 18, we have

$$
\overline{\mathbb{E}}_{Q, \lambda}\left[\left|\lambda N_{m}\right|^{4 / 3}\right]=\overline{\mathbb{E}}_{Q, \lambda}\left[\left|\lambda N_{1}\right|^{4 / 3}\right] \leq 2 \overline{\mathbb{E}}_{Q, \lambda}\left[\left|\lambda \xi_{\tau_{2}}^{*}\right|^{4 / 3}\right] \leq C, \quad \forall m \geq 0
$$

By von Bahr-Esseen's inequality [26], Theorem 2, we have

$$
\overline{\mathbb{E}}_{Q, \lambda}\left[\left|\sum_{m \leq n \text { is odd }} \lambda N_{m}\right|^{4 / 3}\right] \leq 2 \sum_{m \leq n \text { is odd }} \overline{\mathbb{E}}_{Q, \lambda}\left[\left|\lambda N_{m}\right|^{4 / 3}\right] \leq C n
$$

and then by Doob's $L^{p}$-martingale inequality,

$$
\overline{\mathbb{E}}_{Q, \lambda}\left[\left.\left.\max _{k \leq n}\right|_{m \leq k \text { is odd }} \lambda N_{m}\right|^{4 / 3}\right] \leq C \overline{\mathbb{E}}_{Q, \lambda}\left[\left|\sum_{m \leq n \text { is odd }} \lambda N_{m}\right|^{4 / 3}\right] \leq C n
$$

Similarly, we have

$$
\overline{\mathbb{E}}_{Q, \lambda}\left[\left.\left.\max _{k \leq n}\right|_{m \leq k \text { is even }} \lambda N_{m}\right|^{4 / 3}\right] \leq C n .
$$

Combining these inequalities, we conclude that

$$
\overline{\mathbb{E}}_{Q, \lambda}\left[\max _{k \leq n}\left|\sum_{m=0}^{k} \lambda N_{m}\right|^{4 / 3}\right] \leq C n,
$$

which is exactly (36).
2. Next, for $t>0$ fixed, we let $r=r(\lambda, t) \in \mathbb{N}$ be the integer that satisfies

$$
\overline{\mathbb{E}}_{\lambda}\left[\tau_{r-1}\right] \leq 4 t / \lambda^{2}<\overline{\mathbb{E}}_{\lambda}\left[\tau_{r}\right]
$$

We will show that

$$
\begin{equation*}
\overline{\mathbb{P}}_{\lambda}\left(t / \lambda^{2} \geq \tau_{r}\right) \leq C e^{-c t} \tag{37}
\end{equation*}
$$

Note that by Corollary 15 and (22), we have

$$
c r \leq t<C r .
$$

Since by Corollary 15 the sequences $\left(\lambda^{2} \tau_{1}\right)_{\lambda \in\left(0, \lambda_{0}\right)}$ and $\left(\lambda^{2}\left(\tau_{2}-\tau_{1}\right)\right)_{\lambda \in\left(0, \lambda_{0}\right)}$ are uniformly integrable [with respect to the measures $\mathbb{P}_{\lambda}, \lambda \in\left(0, \lambda_{0}\right)$ ], by the lower bound (22), there exists a constant $M>0$ such that for all $n \geq 0$ and $\lambda \in\left(0, \lambda_{0}\right)$,

$$
\overline{\mathbb{E}}_{\lambda}\left[M \wedge \lambda^{2}\left(\tau_{n+1}-\tau_{n}\right)\right] \geq \frac{1}{2} \overline{\mathbb{E}}_{\lambda}\left[\lambda^{2}\left(\tau_{n+1}-\tau_{n}\right)\right]
$$

We set

$$
\bar{\tau}_{n}=\sum_{k=0}^{n-1}\left(\tau_{k+1}-\tau_{k}\right) \wedge\left(M / \lambda^{2}\right)
$$

Then, noting that $t / \lambda^{2}-\overline{\mathbb{E}}_{\lambda}\left[\bar{\tau}_{r}\right] \leq t / \lambda^{2}-\frac{1}{2} \overline{\mathbb{E}}_{\lambda}\left[\tau_{r}\right]<-t / \lambda^{2}$, we have

$$
\begin{aligned}
\overline{\mathbb{P}}_{\lambda}\left(t / \lambda^{2} \geq \tau_{r}\right) & \leq \overline{\mathbb{P}}_{\lambda}\left(t / \lambda^{2}-\overline{\mathbb{E}}_{\lambda}\left[\bar{\tau}_{r}\right] \geq \bar{\tau}_{r}-\overline{\mathbb{E}}_{\lambda}\left[\bar{\tau}_{r}\right]\right) \\
& \leq \overline{\mathbb{P}}_{\lambda}\left(\lambda^{2}\left|\bar{\tau}_{r}-\overline{\mathbb{E}}_{\lambda}\left[\bar{\tau}_{r}\right]\right| \geq t\right) \\
& \leq C \exp \left(-\frac{c t^{2}}{M^{2} r}\right) \leq C e^{-c t},
\end{aligned}
$$

where in the third inequality we applied Azuma-Hoeffding's inequality to $\lambda^{2}\left(\bar{\tau}_{r}-\right.$ $\overline{\mathbb{E}}_{\lambda}\left[\bar{\tau}_{r}\right]$ ), which is a sum of bounded 1-dependent increments. Estimate (37) is proved.
3. To conclude the proof of Theorem 17, we will show

$$
\begin{equation*}
\mathbb{E}_{Q, \lambda}\left[\left|\xi_{t / \lambda^{2}}\right|\right] \leq C t^{3 / 4} / \lambda, \quad \forall t \geq 1 \tag{38}
\end{equation*}
$$

as this implies (33). Now, by (37) and (32),

$$
\begin{equation*}
\overline{\mathbb{E}}_{Q, \lambda}\left[\left|\xi_{t / \lambda^{2} \mid}\right| \mathbb{1}_{\left\{t / \lambda^{2} \geq \tau_{r}\right\}}\right] \leq\left\|\xi_{t / \lambda^{2}}^{*}\right\|_{L^{3 / 2}\left(Q_{0} \times P_{\omega, \lambda}\right)} \overline{\mathbb{P}}_{\lambda}\left(t / \lambda^{2} \geq \tau_{r}\right)^{1 / 3} \leq C / \lambda \tag{39}
\end{equation*}
$$

On the other hand,

$$
\begin{aligned}
& \overline{\mathbb{E}}_{Q, \lambda}\left[\xi_{t / \lambda^{2}} \mathbb{1}_{\left\{t / \lambda^{2}<\tau_{r}\right\}}\right] \\
& \quad \leq \overline{\mathbb{E}}_{Q, \lambda}\left[\max _{1 \leq k \leq r}\left|\xi_{\tau_{k}}\right|\right]+\sum_{k=0}^{r-1} \overline{\mathbb{E}}_{Q, \lambda}\left[\xi_{\tau_{k}, \tau_{k+1}}^{*} \mathbb{1}_{\left\{\tau_{k} \leq t / \lambda^{2}<\tau_{k+1}\right\}}\right]
\end{aligned}
$$

$$
\begin{aligned}
& \stackrel{(36)}{\leq} \frac{C r^{3 / 4}}{\lambda}+\sum_{k=0}^{r-1}\left\|\xi_{\tau_{k}, \tau_{k+1}}^{*}\right\|_{L^{4 / 3}\left(\overline{\mathbb{P}}_{Q, \lambda}\right)} \overline{\mathbb{P}}_{Q, \lambda}\left(\tau_{k} \leq t / \lambda^{2}<\tau_{k+1}\right)^{1 / 4} \\
& \leq \frac{C t^{3 / 4}}{\lambda}+\frac{C}{\lambda} \sum_{k=0}^{r-1} \overline{\mathbb{P}}_{Q, \lambda}\left(\tau_{k} \leq t / \lambda^{2}<\tau_{k+1}\right)^{1 / 4}
\end{aligned}
$$

where we used Lemma 18 and $r \leq C t$ in the last step. Since by Hölder's inequality,

$$
\begin{aligned}
\sum_{k=0}^{r-1} \overline{\mathbb{P}}_{Q, \lambda}\left(\tau_{k} \leq t / \lambda^{2}<\tau_{k+1}\right)^{1 / 4} & \leq r^{3 / 4}\left(\sum_{k=0}^{r-1} \overline{\mathbb{P}}_{Q, \lambda}\left(\tau_{k} \leq t / \lambda^{2}<\tau_{k+1}\right)\right)^{1 / 4} \\
& \leq C t^{3 / 4}
\end{aligned}
$$

we conclude that

$$
\begin{equation*}
\overline{\mathbb{E}}_{Q, \lambda}\left[\left|\xi_{t / \lambda^{2}}\right| \mathbb{1}_{\left\{t / \lambda^{2}<\tau_{r}\right\}}\right] \leq C t^{3 / 4} / \lambda \tag{40}
\end{equation*}
$$

The combination of (39) and (40) yields (38).

## 6. Proofs of Theorem 4 and the Einstein relation.

6.1. Proof of Theorem 4. For $f \in \mathcal{F}$, let $g(\omega, x):=f(\omega)$. By Theorem 17, we only need to show that (32) holds for $g$ in dimension $d \geq 3$. Note that now $\xi_{n}=\sum_{k=0}^{n} f\left(\bar{\omega}_{k}\right)$ and recall that $\xi_{m, n}^{*}=\max _{m \leq j \leq n}\left|\sum_{k=m}^{j} f\left(\bar{\omega}_{k}\right)\right|$. In fact, we will obtain an estimate stronger than (32).

Theorem 19. Let $d \geq 3$. Let $f \in \mathcal{F}$ be a function that satisfies $Q_{0} f=0$. Then for all $\lambda \in\left[0, \lambda_{0}\right)$ and $n \geq 1$,

$$
\left\|\lambda \xi_{n / \lambda^{2},(n+1) / \lambda^{2}}^{*}\right\|_{L^{3 / 2}\left(Q_{0} \times P_{\omega, \lambda}\right)} \leq C n^{6 d+14} .
$$

Our proof contains several steps.

1. First, we will obtain a moment estimate under the unperturbed measure

$$
\begin{equation*}
\left\|\xi_{n}^{*}\right\|_{L^{2}\left(Q_{0} \times P_{\omega}\right)} \leq C \sqrt{n} \quad \forall n \in \mathbb{N} \tag{41}
\end{equation*}
$$

To prove inequality (41), recall the following theorem.
THEOREM 20 ( $[5,21]$ ). If $d \geq 3$ and $f: \Omega \rightarrow \mathbb{R}$ is an $L^{2}\left(Q_{0}\right)$ local function with $Q_{0} f=0$, then for all $n \in \mathbb{N}$,

$$
E_{Q_{0}}\left[E_{\omega}\left[f\left(\bar{\omega}_{n}\right)\right]^{2}\right] \leq C_{f} n^{-d / 2}
$$

Moreover, $\left(\sqrt{n} \xi_{n t}\right)_{t \geq 0}$ converges weakly to a Brownian motion.

Noting that $f\left(\bar{\omega}_{n}\right)$ is a stationary sequence under $Q_{0} \times P_{\omega}$, by the maximal inequality for stationary sequences in [22], Theorem 1 , we have

$$
\left\|\xi_{n}^{*}\right\|_{L^{2}\left(Q_{0} \times P_{\omega}\right)} \leq C \sqrt{n}\left(\|f\|_{L^{2}\left(Q_{0}\right)}+\delta_{f}\right)
$$

where $\delta_{f}=\sum_{m=1}^{\infty} m^{-3 / 2}\left\|E_{\omega}\left[\xi_{m}\right]\right\|_{L^{2}\left(Q_{0}\right)}$. We only need to show that $\delta_{f}<\infty$. When $d \geq 3$, using the Cauchy-Schwarz inequality,

$$
\begin{aligned}
\left\|E_{\omega}\left[\xi_{m}\right]\right\|_{L^{2}\left(Q_{0}\right)}^{2} & =E_{Q_{0}}\left[\left(\sum_{j=1}^{m} E_{\omega}\left[f\left(\bar{\omega}_{j}\right)\right]\right)^{2}\right] \\
& \leq E_{Q_{0}}\left[\sum_{j=1}^{m} \frac{1}{j^{d / 4}} \cdot \sum_{j=1}^{m} j^{d / 4}\left(E_{\omega}\left[f\left(\bar{\omega}_{j}\right)\right]\right)^{2}\right] \\
& \stackrel{\text { Thm. } 20}{\leq} C_{f}\left(\sum_{j=1}^{m} j^{-d / 4}\right)^{2} \\
& \stackrel{d \geq 3}{\leq} C_{f} m^{1 / 2}
\end{aligned}
$$

Hence, $\delta_{f} \leq C_{f} \sum_{m=1}^{\infty} m^{-3 / 2+1 / 4}<\infty$ for $d \geq 3$ and (41) is proved.
2. Next, we will show that

$$
\begin{equation*}
\left\|\lambda \xi_{1 / \lambda^{2}}^{*}\right\|_{L^{5 / 3}\left(Q_{\left.0 \times P_{\omega, \lambda}\right)} \leq C .\right.} \leq C . \tag{42}
\end{equation*}
$$

Recalling the definition of the Radon-Nikodym derivative $G_{\omega}(\lambda, t)$ in (23),

$$
\begin{aligned}
\left\|\lambda \xi_{1 / \lambda^{2}}^{*}\right\|_{L^{5 / 3}\left(Q_{0} \times P_{\omega, \lambda)}\right)}^{5 / 3} & =\mathbb{E}_{Q, 0}\left[G_{\omega}\left(\lambda, 1 / \lambda^{2}\right)\left(\lambda \xi_{1 / \lambda^{2}}^{*}\right)^{5 / 3}\right] \\
& \leq \mathbb{E}_{Q, 0}\left[G_{\omega}\left(\lambda, 1 / \lambda^{2}\right)^{6}\right]^{1 / 6} \mathbb{E}_{Q, 0}\left[\left(\lambda \xi_{1 / \lambda^{2}}^{*}\right)^{2}\right]^{5 / 6} \\
& (28),(41)
\end{aligned},
$$

which proves (42).
3. For any fixed $\lambda \in\left(0, \lambda_{0}\right)$, let

$$
\begin{equation*}
h(\omega)=h(\lambda, \omega)=E_{\omega, \lambda}\left[\left(\lambda \xi_{1 / \lambda^{2}}^{*}\right)^{3 / 2}\right] . \tag{43}
\end{equation*}
$$

Let $\square_{n}=\left\{x \in \mathbb{Z}^{d}:\|x\|_{\infty} \leq n\lfloor 1 / \lambda\rfloor\right\}$ denote the box of side-length $2 n\lfloor 1 / \lambda\rfloor$ and set

$$
A_{h}(\omega):=\frac{1}{\left|\square_{1}\right|} \sum_{x \in \square_{1}} h\left(\theta_{x} \omega\right)
$$

to be an average of $h$ in the box $\square_{1}$. We will show that for any integer $n \geq 0$,

$$
\begin{equation*}
\mathbb{E}_{Q, \lambda}\left[h\left(\bar{\omega}_{n / \lambda^{2}}\right)\right] \leq C \mathbb{E}_{Q, \lambda}\left[A_{h}\left(\bar{\omega}_{(n+1) / \lambda^{2}}\right)+A_{h}\left(\bar{\omega}_{1+(n+1) / \lambda^{2}}\right)\right] . \tag{44}
\end{equation*}
$$

To this end, we only need to prove that

$$
\mathbb{E}_{Q, \lambda}\left[h\left(\bar{\omega}_{n / \lambda^{2}}\right)\right] \leq C E_{Q, \lambda}\left[h\left(\theta_{x} \bar{\omega}_{(n+1) / \lambda^{2}}\right)+h\left(\theta_{x} \bar{\omega}_{1+(n+1) / \lambda^{2}}\right)\right], \quad \forall x \in \square_{1}
$$

Further, noting that

$$
E_{\omega, \lambda}\left[h\left(\bar{\omega}_{n}\right)\right]=\sum_{y} P_{\omega, \lambda}\left(X_{n}=y\right) h\left(\theta_{y} \omega\right),
$$

it suffices to show that for any $y \in \mathbb{Z}^{d}$ and $x \in \square_{1}$,

$$
\begin{align*}
& P_{\omega, \lambda}\left(X_{n / \lambda^{2}}=y\right)  \tag{45}\\
& \quad \leq C\left[P_{\omega, \lambda}\left(X_{(n+1) / \lambda^{2}}=y+x\right)+P_{\omega, \lambda}\left(X_{1+(n+1) / \lambda^{2}}=y+x\right)\right] .
\end{align*}
$$

Indeed, for $k \in \mathbb{Z}$ and $y \in \mathbb{Z}^{d}$, set

$$
u(y, k)=P_{\omega, \lambda}^{y}\left(X_{k}=0\right) .
$$

Then, by reversibility and uniform ellipticity,

$$
P_{\omega, \lambda}\left(X_{k}=y\right)=\frac{\sum_{e} \omega^{\lambda}(y, y+e)}{\sum_{e^{\prime}} \omega^{\lambda}\left(0, e^{\prime}\right)} u(y, k) \asymp e^{2 \lambda y \cdot \ell} u(y, k),
$$

where $A \asymp B$ means $c B \leq A \leq C B$ for some constants $c, C>0$. Thus (45) is equivalent to

$$
u\left(y, n / \lambda^{2}\right) \leq C\left[u\left(y+x,(n+1) / \lambda^{2}\right)+u\left(y+x, 1+(n+1) / \lambda^{2}\right)\right]
$$

for all $x \in \square_{1}, y \in \mathbb{Z}^{d}$, which follows by (PHI) and the fact that $u(\cdot, \cdot)$ satisfies the parabolic equation (PE) for the environment $\omega^{\lambda}$ in $B_{2 \sqrt{d} / \lambda}(y) \times\left[(n-2) / \lambda^{2},(n+\right.$ $\left.2) / \lambda^{2}\right]$. Our proof of (44) is complete.
4. Note that by the Markov property,

$$
\left\|\lambda \xi_{n / \lambda^{2},(n+1) / \lambda^{2}}^{*}\right\|_{L^{3 / 2}\left(Q_{0} \times P_{\omega, \lambda}\right)}^{3 / 2}=\mathbb{E}_{Q, \lambda}\left[h\left(\bar{\omega}_{n / \lambda^{2}}\right)\right] .
$$

Thus by (44), to prove Theorem 19 , it suffices that $\mathbb{E}_{Q, \lambda}\left[A_{h}\left(\bar{\omega}_{n / \lambda^{2}}\right)\right] \leq C n^{9 d+21}$, which by the bounds of $\mathrm{d} Q_{0} / \mathrm{d} P$ in (2) is equivalent to

$$
\begin{equation*}
\mathbb{E}_{\lambda}\left[A_{h}\left(\bar{\omega}_{n / \lambda^{2}}\right)\right] \leq C n^{9 d+21}, \quad \forall n \in \mathbb{N} \tag{46}
\end{equation*}
$$

5. We say that a box $\square_{1}(x):=x+\square_{1}$ centered at $x \in \mathbb{Z}^{d}$ is $k$-good (with respect to the environment $\omega$ ) if

$$
A_{h}\left(\theta_{z} \omega\right) \leq k^{9 d+18} \quad \text { for all } z \in \square_{1}(x)
$$

Otherwise, we say that $\square_{1}(x)$ is $k$-bad. We claim that

$$
\begin{equation*}
P\left(\square_{1} \text { is } k \text {-bad }\right) \leq C k^{-10 d-20} \tag{47}
\end{equation*}
$$

Indeed, observing that $\sum_{y \in \square_{2}} h\left(\theta_{y} \omega\right) /\left|\square_{2}\right| \geq 2^{-d} A_{h}\left(\theta_{z} \omega\right)$ for all $z \in \square_{1}$, we have

$$
\begin{aligned}
P\left(\square_{1} \text { is } k-\mathrm{bad}\right) & \leq P\left(\sum_{y \in \square_{2}} h\left(\theta_{y} \omega\right) /\left|\square_{2}\right| \geq 2^{-d} k^{9 d+18}\right) \\
& \leq C E\left[\left(\frac{1}{\left|\square_{2}\right|} \sum_{y \in \square_{2}} h\left(\theta_{y} \omega\right)\right)^{10 / 9}\right] / k^{10 d+20} \\
& \leq C E\left[\frac{1}{\left|\square_{2}\right|} \sum_{y \in \square_{2}} h\left(\theta_{y} \omega\right)^{10 / 9}\right] / k^{10 d+20} \\
& =C E\left[h^{10 / 9}\right] / k^{10 d+20} \stackrel{(43)}{\leq} \mathbb{E}_{\lambda}\left[\left(\lambda \xi_{1 / \lambda^{2}}^{*}\right)^{5 / 3}\right] / k^{10 d+20}
\end{aligned}
$$

where we used the translation-invariance of the measure $P$ in the second to last equality. Display (47) then follows by (42) and (2).
6. Finally, we will prove (46). Clearly,

$$
\begin{aligned}
\mathbb{E}_{\lambda}\left[A_{h}\left(\bar{\omega}_{n / \lambda^{2}}\right)\right] & \leq \sum_{k=0}^{\infty}(k+1)^{9 d+18} \mathbb{P}_{\lambda}\left(A_{h}\left(\bar{\omega}_{n / \lambda^{2}}\right) \in\left[k^{9 d+18},(k+1)^{9 d+18}\right)\right) \\
& \leq 1+C \sum_{k=1}^{\infty} k^{9 d+18} \mathbb{P}_{\lambda}\left(A_{h}\left(\bar{\omega}_{n / \lambda^{2}}\right) \geq k^{9 d+18}\right)
\end{aligned}
$$

Further, for each $k \in \mathbb{N}$, we can decompose the box $\square_{k}$ into $k^{d}$ boxes $\left(\square^{(i)}\right)_{1 \leq i \leq k^{d}}$ of side-length $2\lfloor 1 / \lambda\rfloor$. Hence,

$$
\begin{aligned}
& \mathbb{P}_{\lambda}\left(A_{h}\left(\bar{\omega}_{n / \lambda^{2}}\right) \geq k^{9 d+18}\right) \\
& \quad \leq \mathbb{P}_{\lambda}\left(\max _{0 \leq s \leq n / \lambda^{2}}\left|X_{S}\right| \geq k / \lambda\right)+P\left(\text { one of the } k^{d} \text { boxes } \square^{(i)} \text { is } k-\mathrm{bad}\right)
\end{aligned}
$$

$$
\stackrel{\text { Lem. }}{\leq}{ }^{8,(47)} C \frac{n^{9 d+20}}{k^{9 d+20}}+C k^{d} k^{-10 d-20}
$$

Therefore, for any $n \in \mathbb{N}$,

$$
\mathbb{E}_{\lambda}\left[A_{h}\left(\bar{\omega}_{n / \lambda^{2}}\right)\right] \leq C \sum_{k=1}^{\infty} \frac{n^{9 d+20}}{k^{2}} \leq C n^{9 d+20}
$$

Inequality (46) is proved.
Our proof of Theorem 19 is now complete.
6.2. Proof of Theorem 1. We note that by the ergodic theorem we can write the velocity as

$$
v(\lambda)=\lim _{n \rightarrow \infty} \frac{X_{n}}{n}=Q_{\lambda}\left[d\left(\omega^{\lambda}, 0\right)\right]=E_{\mathbb{Q}_{\lambda}}\left[X_{1}\right], \quad \mathbb{P}_{\lambda} \text {-a.s. }
$$

Let $g(\omega, e)=e \cdot e_{i}$ for a fixed unit vector $e_{i}$. Then, by Lemma 8, (32) holds for this choice of $g$ and by Theorem 17 we have

$$
\left|\frac{\frac{\lambda^{2}}{t} \mathbb{E}_{Q, \lambda}\left[X_{t / \lambda^{2}} \cdot e_{i}\right]-E_{\mathbb{Q}_{\lambda}}\left[X_{1} \cdot e_{i}\right]}{\lambda}\right| \leq \frac{C}{t^{1 / 4}}
$$

The collection of these inequalities for $i=1, \ldots, d$, together with (31), yields Theorem 1.
6.3. Einstein relation as a corollary of Theorem 2. We remark that Theorem 2 can be considered a more general statement than the Einstein relation (1). Indeed, since

$$
\begin{aligned}
v(\lambda) & =E_{Q_{\lambda}} E_{\omega, \lambda}\left[X_{1}\right] \stackrel{(25)}{=} E_{Q_{\lambda}} E_{\omega}\left[e^{\lambda M_{1}+O\left(\lambda^{2}\right)} X_{1}\right] \\
& =E_{Q_{\lambda}} E_{\omega}\left[\left(1+\lambda M_{1}\right) X_{1}\right]+o(\lambda) \\
& =Q_{\lambda}[d(\omega, 0)]+\lambda E_{Q_{\lambda}} E_{\omega}\left[M_{1} X_{1}\right]+o(\lambda)
\end{aligned}
$$

we have by Theorem 2, applied to the collection of local functions $d(\omega, 0) \cdot e_{i}$ for $i=1, \ldots, d$,

$$
\lim _{\lambda \rightarrow 0} \frac{v(\lambda)}{\lambda}=-\operatorname{Cov}\left(N_{1}^{d}, N_{1}^{d} \cdot \ell\right)+\mathbb{E}_{Q, 0}\left[M_{1} X_{1}\right]
$$

By the ergodic theorem and the fact that $\Delta X_{k}-d\left(\bar{\omega}_{k}, 0\right)$ are $P_{\omega}$-martingale differences,

$$
\begin{aligned}
\operatorname{Cov} & \left(B_{1}-N_{1}^{d}, N_{1}\right) \\
& =\lim _{n \rightarrow \infty} \frac{1}{n} \mathbb{E}_{Q, 0}\left[\left(X_{n}-\sum_{k=0}^{n-1} d\left(\bar{\omega}_{k}, 0\right)\right)\left(X_{n}-\sum_{k=0}^{n-1} d\left(\bar{\omega}_{k}, 0\right)\right) \cdot \ell\right] \\
& =\lim _{n \rightarrow \infty} \frac{1}{n} \mathbb{E}_{Q, 0}\left[\sum_{k=0}^{n-1}\left(\Delta X_{k}-d\left(\bar{\omega}_{k}\right)\right)\left(\Delta X_{k}-d\left(\bar{\omega}_{k}\right)\right) \cdot \ell\right] \\
& =\mathbb{E}_{Q, 0}\left[\left(X_{1}-d(\omega, 0)\right)\left(X_{1}-d(\omega, 0)\right) \cdot \ell\right] \\
& =\mathbb{E}_{Q, 0}\left[X_{1} M_{1}\right]
\end{aligned}
$$

Therefore,

$$
\begin{aligned}
\lim _{\lambda \rightarrow 0} \frac{v(\lambda)}{\lambda} & =-\operatorname{Cov}\left(N_{1}^{d}, N_{1}^{d} \cdot \ell\right)+\operatorname{Cov}\left(B_{1}-N_{1}^{d}, N_{1}\right) \\
& =-E\left[N_{1}^{d}\left(N_{1}^{d} \cdot \ell\right)\right]+E\left[\left(B_{1}-N_{1}^{d}\right)\left(B_{1}-N_{1}^{d}\right) \cdot \ell\right] \\
& =E\left[B_{1}\left(B_{1} \cdot \ell\right)\right]=\Sigma \ell,
\end{aligned}
$$

since by (30), $E\left[B_{1} N_{1}^{d}\right]=0$. Note that we proved Theorem 2 only for $d \geq 3$. Hence, it does not cover the case $d=2$ of Theorem 1 .

## 7. Proof of the a priori estimates.

7.1. Proof of Lemma 5. We will prove Lemma 5 by contradiction. Let $u(x)=$ $P_{\omega, \lambda}^{x}\left(T_{1, L}<T_{-1, L}\right)$ and assume that for some $\omega$ we have

$$
u(0)<\frac{2}{3}
$$

Recall that $T_{m, L}$ is the hitting time of $\left\{z \in \mathbb{Z}^{d} \mid z \cdot e_{1}=n L / \lambda_{1}\right\}$ with $\lambda_{1}=\lfloor 1 / \lambda\rfloor^{-1}$. For a set $G \subset \mathbb{R}^{d}$, define its discrete boundary as

$$
\partial G=\left\{x \in \mathbb{Z}^{d} \cap G: x \sim y \text { for some } y \in \mathbb{Z}^{d} \backslash G\right\} .
$$

For a function $h: G \rightarrow \mathbb{R}$, denote its Dirichlet energy on $G$ as

$$
\mathcal{E}(h, G)=\sum_{x, y \in G, x \sim y} \omega^{\lambda}(x, y)(h(x)-h(y))^{2}
$$

We let $S_{G}=S_{G}(u, \omega)$ be the set of functions $v: G \rightarrow \mathbb{R}$ such that $v=u$ on $\partial G$. Since $u$ solves the elliptic equation (EE) in $\left\{x \in \mathbb{Z}^{d}:\left|x \cdot e_{1}\right| \leq L / \lambda_{1}\right\}$, by Dirichlet's principle (see [8]), we have

$$
\mathcal{E}(u, G)=\min _{v \in S_{G}} \mathcal{E}(v, G) \quad \text { for any } G \subset\left\{x \in \mathbb{Z}^{d}:\left|x \cdot e_{1}\right| \leq L / \lambda_{1}\right\} .
$$

We first find a lower bound for the Dirichlet energy of $u$ on the set $\Pi_{0}=$ $\left[-\frac{L}{\lambda_{1}}, \frac{L}{\lambda_{1}}\right] \times\left[-\frac{1}{\lambda_{1}}, \frac{1}{\lambda_{1}}\right]^{d-1}$ by ignoring all edges which are not in the direction of $e_{1}$. The conductance of such an edge in $\Pi_{0}$ connecting ( $x_{1}, \bar{x}$ ) with $\left(x_{1}+1, \bar{x}\right)$, where we write $x=\left(x_{1}, \bar{x}\right)$ with $\bar{x} \in \mathbb{Z}^{d-1}$, is bounded from below by $c_{\kappa} e^{2 \lambda \ell_{1} x_{1}}$. A lower bound for the energy is then

$$
\begin{aligned}
\mathcal{E}\left(u, \Pi_{0}\right) & \geq \sum_{\|\bar{x}\| \leq 1 / \lambda_{1}} \sum_{i=0}^{L / \lambda_{1}-1} c_{\kappa} e^{2 \lambda \ell_{1} i}(u(i+1, \bar{x})-u(i, \bar{x}))^{2} \\
& \geq C \sum_{\|\bar{x}\| \leq 1 / \lambda_{1}}\left(\sum_{i=0}^{L / \lambda_{1}-1} u(i+1, \bar{x})-u(i, \bar{x})\right)^{2}\left(\sum_{i=0}^{L / \lambda_{1}-1} e^{-2 \lambda \ell_{1} i}\right)^{-1} \\
& \geq C \sum_{\|\bar{x}\| \leq 1 / \lambda_{1}}(1-u(0, \bar{x}))^{2}\left(1-e^{-2 \lambda \ell_{1}}\right)
\end{aligned}
$$

where we used the Cauchy-Schwarz inequality in the second inequality. Note that $\left(1-e^{-2 \lambda \ell_{1}}\right)>c \lambda$ when $\lambda<\lambda_{0}$ for some small enough $\lambda_{0}>0$. Since $u$ satisfies (EE) on $\left[-\frac{L}{\lambda_{1}}, \frac{L}{\lambda_{1}}\right] \times\left[-\frac{2}{\lambda_{1}}, \frac{2}{\lambda_{1}}\right]^{d-1}$, the elliptic Harnack inequality yields $1-u(0, \bar{x}) \geq C(1-u(0))$ whenever $|x| \leq 1 / \lambda_{1}$. Thus,

$$
\begin{equation*}
\mathcal{E}\left(u, \Pi_{0}\right) \geq C \lambda \cdot \lambda^{-(d-1)}(1-u(0))^{2} \geq C \lambda^{2-d} \tag{48}
\end{equation*}
$$

by our assumption.

Next, we will derive an upper bound for the energy. Define the function

$$
\bar{u}(x)=\frac{e^{2 L}-e^{-2 \lambda_{1} x_{1}}}{e^{2 L}-e^{-2 L}}
$$

the potential of a nonrandom biased random walk. Then $\bar{u}(x)=0$ when $x_{1}=$ $-L / \lambda_{1}$ and $\bar{u}(x)=1$ when $x_{1}=L / \lambda_{1}$, that is, $\bar{u}$ satisfies in the strip $-L / \lambda_{1} \leq$ $e_{1} \cdot x \leq L / \lambda_{1}$ the same boundary conditions as $u$. Let $R_{1}=R_{1}(\lambda)=\frac{L}{\lambda_{1}}\left\lfloor e^{L / d}\right\rfloor$ and $R_{2}=2 R_{1}$. We will calculate energies on shifted sets $\Pi_{1}(y)=y+\left[-\frac{L}{\lambda_{1}}, \frac{L}{\lambda_{1}}\right] \times$ $\left[-R_{1}, R_{1}\right]^{d-1}$ and $\Pi_{2}(y)=y+\left[-\frac{L}{\lambda_{1}}, \frac{L}{\lambda_{1}}\right] \times\left[-R_{2}, R_{2}\right]^{d-1}$. For $L, \lambda$ fixed, let

$$
E_{L, \lambda}=\sup _{y \in \mathbb{Z}^{d}: y_{1}=0} \mathcal{E}\left(u, \Pi_{1}(y)\right)<\infty
$$

and choose $y=y(L, \lambda) \in \mathbb{Z}^{d}$ such that

$$
\mathcal{E}\left(u, \Pi_{0}\right) \leq \mathcal{E}\left(u, \Pi_{1}(0)\right) \leq \mathcal{E}\left(u, \Pi_{1}(y)\right)
$$

and

$$
\mathcal{E}\left(u, \Pi_{1}(y)\right)+\mathcal{E}\left(\bar{u}, \Pi_{1}(y)\right)>E_{L, \lambda},
$$

which is possible, since $\mathcal{E}\left(\bar{u}, \Pi_{1}(y)\right)$ has for all $\lambda, L$ a positive lower bound independent of $y$. From now on, we fix such a $y$ and write $\Pi_{1}$ for $\Pi_{1}(y)$ and $\Pi_{2}$ for $\Pi_{2}(y)$. We will show that for some positive constants $c_{1}, c_{2}$ independent of $L, \lambda$,

$$
\begin{equation*}
\mathcal{E}\left(u, \Pi_{1}\right) \leq c_{1} \lambda \cdot \lambda^{-(d-1)} e^{-c_{2} L}, \tag{49}
\end{equation*}
$$

which contradicts (48) if $L$ is large enough, since $\mathcal{E}\left(u, \Pi_{0}\right) \leq \mathcal{E}\left(u, \Pi_{1}\right)$.
To show (49), set

$$
v(x)=(1-d(x)) \bar{u}(x)+d(x) u(x) \quad \text { for } x \in \Pi_{2},
$$

where $d(x)=\operatorname{dis} t\left(x, \Pi_{1}\right) / R_{1} \leq 1$. Note that $v=\bar{u}$ in $\Pi_{1}$ and $v=u$ on $\partial \Pi_{2}$. By Dirichlet's principle, $\mathcal{E}\left(u, \Pi_{2}\right) \leq \mathcal{E}\left(v, \Pi_{2}\right)$. For $x, y \in \Pi_{2}$ and $y \sim x$

$$
\begin{aligned}
v(x)-v(y)= & (1-d(x))(\bar{u}(x)-\bar{u}(y))+d(x)(u(x)-u(y)) \\
& +(d(x)-d(y))(u(y)-\bar{u}(y)) .
\end{aligned}
$$

Hence, observing $|d(x)-d(y)| \leq R_{1}^{-1} \mathbb{1}_{x, y \notin \Pi_{1}}$ for $x \sim y$, by Jensen's inequality,

$$
\begin{aligned}
(v(x)-v(y))^{2} \leq & (1-d(x))(\bar{u}(x)-\bar{u}(y))^{2}+d(x)(u(x)-u(y))^{2} \\
& +R_{1}^{-2} \mathbb{1}_{x, y \notin \Pi_{1}}(\bar{u}(y)-u(y))^{2} \\
& +2 R_{1}^{-1} \mathbb{1}_{x, y \notin \Pi_{1}}|\bar{u}(y)-u(y)|[(1-d(x))|\bar{u}(x)-\bar{u}(y)| \\
& +d(x)|u(x)-u(y)|] .
\end{aligned}
$$

Multiplying both sides by $\omega^{\lambda}(x, y)$ and summing over all $x, y \in \Pi_{2}$, this yields

$$
\mathcal{E}\left(v, \Pi_{2}\right) \leq \mathcal{E}\left(\bar{u}, \Pi_{2}\right)+\mathcal{E}\left(u, \Pi_{2} \backslash \Pi_{1}^{+}\right)
$$

(a)

$$
\begin{aligned}
& +R_{1}^{-2} \sum_{y \in \Pi_{2} \backslash \Pi_{1}, x \sim y} \omega^{\lambda}(x, y)(u(y)-\bar{u}(y))^{2} \\
& +2 R_{1}^{-1} \sum_{y \in \Pi_{2} \backslash \Pi_{1}, x \sim y} \omega^{\lambda}(x, y)|\bar{u}(y)-u(y)|[|\bar{u}(x)-\bar{u}(y)|
\end{aligned}
$$

(b)

$$
+|u(x)-u(y)|]
$$

where $\Pi_{1}^{+}:=\Pi_{1} \backslash \partial \Pi_{1}$. We will find upper bounds for the sums (a) and (b). Starting with the first one,

$$
\begin{aligned}
\text { (a) } \leq & 2 R_{1}^{-2} \sum_{y \in \Pi_{2} \backslash \Pi_{1}, x \sim y} \omega^{\lambda}(x, y)(u(y)-1)^{2} \\
& +2 R_{1}^{-2} \sum_{y \in \Pi_{2} \backslash \Pi_{1}, x \sim y} \omega^{\lambda}(x, y)(\bar{u}(y)-1)^{2}
\end{aligned}
$$

with

$$
(u(y)-1)^{2}=\left(\sum_{i=y_{1}}^{L / \lambda_{1}} u(i, \bar{y})-u(i+1, \bar{y})\right)^{2} \leq 2 \frac{L}{\lambda_{1}} \sum_{i=y_{1}}^{L / \lambda_{1}}(u(i, \bar{y})-u(i+1, \bar{y}))^{2}
$$

by Cauchy-Schwarz's inequality. Bounding $(\bar{u}(y)-1)^{2}$ analogously, we get

$$
\begin{aligned}
\text { (a) } \leq & 2 R_{1}^{-2} \frac{L}{\lambda_{1}}\left(\sum_{y \in \Pi_{2} \backslash \Pi_{1}, x \sim y} \omega^{\lambda}(x, y) \sum_{i=y_{1}}^{L / \lambda_{1}}(u(i, \bar{y})-u(i+1, \bar{y}))^{2}\right. \\
& \left.+(\bar{u}(i, \bar{y})-\bar{u}(i+1, \bar{y}))^{2}\right) \\
\leq & c R_{1}^{-2} \frac{L}{\lambda_{1}}\left(\sum _ { y \in \Pi _ { 2 } \backslash \Pi _ { 1 } } \sum _ { i = y _ { 1 } } ^ { L / \lambda _ { 1 } } \omega ^ { \lambda } ( ( i , \overline { y } ) , ( i + 1 , \overline { y } ) ) \left[(u(i, \bar{y})-u(i+1, \bar{y}))^{2}\right.\right. \\
& \left.\left.+(\bar{u}(i, \bar{y})-\bar{u}(i+1, \bar{y}))^{2}\right]\right) \\
\leq & c R_{1}^{-2}\left(\frac{L}{\lambda_{1}}\right)^{2}\left(\mathcal{E}\left(u, \Pi_{2} \backslash \Pi_{1}^{+}\right)+\mathcal{E}\left(\bar{u}, \Pi_{2} \backslash \Pi_{1}^{+}\right)\right) \\
\leq & c R_{1}^{-1} \frac{L}{\lambda_{1}}\left(\mathcal{E}\left(u, \Pi_{2} \backslash \Pi_{1}^{+}\right)+\mathcal{E}\left(\bar{u}, \Pi_{2} \backslash \Pi_{1}^{+}\right)\right) .
\end{aligned}
$$

For the summand (b), Hölder's inequality yields

$$
\text { (b) } \begin{aligned}
\leq & 2 R_{1}^{-1}\left(\sum_{y \in \Pi_{2} \backslash \Pi_{1}, x \sim y} \omega^{\lambda}(x, y)(\bar{u}(y)-u(y))^{2}\right)^{1 / 2} \\
& \times\left(\sum_{y \in \Pi_{2} \backslash \Pi_{1}, x \sim y} \omega^{\lambda}(x, y)(u(x)-u(y))^{2}\right. \\
& \left.+\sum_{y \in \Pi_{2} \backslash \Pi_{1}, x \sim y} \omega^{\lambda}(x, y)(\bar{u}(x)-\bar{u}(y))^{2}\right)^{1 / 2} .
\end{aligned}
$$

The first sum can be bounded as we did for (a) by $C\left(L / \lambda_{1}\right)^{2}\left(\mathcal{E}\left(u, \Pi_{2} \backslash \Pi_{1}^{+}\right)+\right.$ $\left.\mathcal{E}\left(\bar{u}, \Pi_{2} \backslash \Pi_{1}^{+}\right)\right)$such that

$$
\text { (b) } \leq c R_{1}^{-1} \frac{L}{\lambda_{1}}\left(\mathcal{E}\left(u, \Pi_{2} \backslash \Pi_{1}^{+}\right)+\mathcal{E}\left(\bar{u}, \Pi_{2} \backslash \Pi_{1}^{+}\right)\right)
$$

Collecting the upper bounds for (a), (b) and rearranging, using $\mathcal{E}\left(u, \Pi_{2}\right)-$ $\mathcal{E}\left(u, \Pi_{2} \backslash \Pi_{1}^{+}\right)=\mathcal{E}\left(u, \Pi_{1}\right)$ and $\mathcal{E}\left(u, \Pi_{2}\right) \leq \mathcal{E}\left(v, \Pi_{2}\right)$, we arrive at

$$
\begin{equation*}
\mathcal{E}\left(u, \Pi_{1}\right) \leq \mathcal{E}\left(\bar{u}, \Pi_{2}\right)+c R_{1}^{-1} \frac{L}{\lambda_{1}}\left(\mathcal{E}\left(u, \Pi_{2} \backslash \Pi_{1}^{+}\right)+\mathcal{E}\left(\bar{u}, \Pi_{2}\right)\right) \tag{50}
\end{equation*}
$$

Next, we estimate the energy of $\bar{u}$. Since $\bar{u}(x)=\bar{u}(y)$ if $x_{1}=y_{1}$, we have

$$
\begin{aligned}
\mathcal{E}\left(\bar{u}, \Pi_{2}\right)= & \sum_{\|\bar{x}\| \leq R_{2}} \sum_{x_{1}=-L / \lambda_{1}}^{L / \lambda_{1}-1} \omega^{\lambda}\left(\left(x_{1}, \bar{x}\right),\left(x_{1}+1, \bar{x}\right)\right) \\
& \times\left(\frac{e^{2 L}-e^{-2 \lambda_{1} x_{1}}}{e^{2 L}-e^{-2 L}}-\frac{e^{2 L}-e^{-2 \lambda_{1}\left(x_{1}+1\right)}}{e^{2 L}-e^{-2 L}}\right)^{2} \\
\leq & c R_{2}^{d-1}\left(e^{2 L}-e^{-2 L}\right)^{-2} \sum_{x_{1}=-L / \lambda_{1}}^{L / \lambda_{1}-1} e^{2 \lambda_{1} x_{1}}\left(e^{-2 \lambda_{1} x_{1}}-e^{-2 \lambda_{1}\left(x_{1}+1\right)}\right)^{2},
\end{aligned}
$$

where we used that $\omega^{\lambda}(x, y) \leq \kappa e^{\lambda \ell \cdot(x+y)} \leq \kappa e^{2 \lambda_{1} x_{1}}$. Now simple calculations give the upper bound (recall that $R_{1}=\frac{L}{\lambda_{1}}\left\lfloor e^{L / d}\right\rfloor$ )

$$
\begin{aligned}
\mathcal{E}\left(\bar{u}, \Pi_{2}\right) & \leq c R_{1}^{d-1}\left(e^{2 L}-e^{-2 L}\right)^{-2} \sum_{x_{1}=-L / \lambda_{1}}^{L / \lambda_{1}-1} e^{-2 \lambda_{1} x_{1}}\left(1-e^{-2 \lambda_{1}}\right)^{2} \\
& \leq c R_{1}^{d-1} \lambda\left(e^{2 L}-e^{-2 L}\right)^{-2} \sum_{x_{1}=-L / \lambda_{1}}^{L / \lambda_{1}-1} \lambda e^{-2 \lambda_{1} x_{1}} \\
& \leq c R_{1}^{d-1} \lambda\left(e^{2 L}-e^{-2 L}\right)^{-1} \\
& \leq c\left(\frac{L}{\lambda}\right)^{d-1} \lambda e^{-L} .
\end{aligned}
$$

Since $\Pi_{1}$ and $\Pi_{2}$ are of comparable size, and the energy over a box with the size of $\Pi_{1}$ is bounded by $E_{L, \lambda}$, we have

$$
\mathcal{E}\left(u, \Pi_{2} \backslash \Pi_{1}^{+}\right) \leq 3^{d-1} E_{L, \lambda} \leq 3^{d-1}\left(\mathcal{E}\left(\bar{u}, \Pi_{1}\right)+\mathcal{E}\left(u, \Pi_{1}\right)\right) .
$$

Using this inequality, the definition of $R_{1}$ and (50), we obtain

$$
\mathcal{E}\left(u, \Pi_{1}\right) \leq \mathcal{E}\left(\bar{u}, \Pi_{2}\right)+c e^{-c L}\left(\mathcal{E}\left(\bar{u}, \Pi_{2}\right)+\mathcal{E}\left(u, \Pi_{1}\right)\right) .
$$

Therefore,

$$
\mathcal{E}\left(u, \Pi_{1}\right) \leq \frac{1+c e^{-c L}}{1-c e^{-c L}} \mathcal{E}\left(\bar{u}, \Pi_{2}\right) \leq C\left(\frac{L}{\lambda}\right)^{d-1} \lambda e^{-L}
$$

For $L$ large enough, this implies (49) which then contradicts the lower bound (48).
7.2. Proof of Lemma 7. Let $\tilde{T}_{1}=T_{1} \wedge T_{-1}$. We will begin by estimating an upper bound for $P_{\omega, \lambda}\left(\tilde{T}_{1}>c n / \lambda^{2}\right)$ for all $n \in \mathbb{N}$ and $\lambda>0$ small enough. Note that this quantity depends only on the environments between the hyperplanes $H_{-1}$ and $H_{1}$, thus we let $a \in \Omega$ be a modified environment such that $a(x, y)=\omega^{\lambda}(x, y)$ for any $x, y \in\left\{z \in \mathbb{Z}^{d}: z \cdot e_{1} \in\left(-L_{1}, L_{1}\right)\right\}$ [recall the definition of $L_{1}$ in (8)] and $a$ satisfies $\frac{a(e)}{a\left(e^{\prime}\right)}<C$ for any bonds $e, e^{\prime}$ in $\mathbb{Z}^{d}$. Clearly,

$$
P_{\omega, \lambda}\left(\tilde{T}_{1} \leq\left(4 L_{1}\right)^{2}\right)=P_{a}\left(\tilde{T}_{1} \leq\left(4 L_{1}\right)^{2}\right) \geq P_{a}\left(e_{1} \cdot X_{\left(4 L_{1}\right)^{2}}>L_{1}\right)
$$

By the heat-kernel estimate in [11], Theorem 3.1(i), there exist positive constants $\underline{c}_{1}, \underline{c}_{2}$ such that

$$
P_{a}\left(X_{n}=y\right) \geq \frac{\underline{c}_{1} m(y)}{V(0, \sqrt{n})} e^{-\underline{c}_{2}|y|^{2} / n}
$$

whenever $|y| \leq n$ and $|y|+n$ is even, where $m(y)=\sum_{z \sim y} a(y, z)$ and $V(x, r)=$ $\sum_{z:|x-z| \leq r} m(z)$. Define the set

$$
A=\left\{z \in \mathbb{Z}^{d}\left|\frac{4 L_{0}}{\lambda_{1}} \leq e_{1} \cdot z \leq \frac{8 L_{0}}{\lambda_{1}},\left|e_{i} \cdot z\right| \leq \frac{4 L_{0}}{\lambda_{1}} \text { for } i=2, \ldots, d\right\}\right.
$$

then $A \subset B_{4 L_{1}}$ and $e_{1} \cdot z \geq L_{1}$ for all $z \in A$. Set $n=\left(4 L_{1}\right)^{2}$ and let $A^{\prime}$ be the set of $y \in A$ such that $|y|+\left(4 L_{1}\right)^{2}$ is even, then we get

$$
\begin{aligned}
P_{a}\left(\tilde{T}_{1} \leq\left(4 L_{1}\right)^{2}\right) & \geq \sum_{y \in A^{\prime}} P_{a}\left(X_{\left(4 L_{1}\right)^{2}}=y\right) \\
& \geq C \sum_{y \in A^{\prime}} \frac{m(y)}{V\left(0,4 L_{1}\right)} e^{-\underline{c}_{2}|y|^{2} /(16 L / \lambda)^{2}} \\
& \geq C \sum_{y \in A^{\prime}} \frac{e^{\lambda \ell \cdot y}}{\kappa^{2} \sum_{z:|z| \leq 4 L_{1}} e^{\lambda \ell \cdot z}} e^{-\underline{c}_{2}}>C .
\end{aligned}
$$

This shows that there are positive constants $c, \delta>0$ such that

$$
\begin{equation*}
P_{\omega, \lambda}\left(\tilde{T}_{1} \leq \frac{c}{\lambda^{2}}\right)>\delta \quad \text { for all } \omega \in \Omega \tag{51}
\end{equation*}
$$

Then, by the Markov property and (51) we get for any $m \geq 1$,

$$
P_{\omega, \lambda}\left(\tilde{T}_{1}>\frac{m c}{\lambda^{2}}\right) \leq \sup _{-L_{1} \leq x \cdot e_{1} \leq L_{1}} P_{\omega, \lambda}^{x}\left(\tilde{T}_{1}>\frac{c}{\lambda^{2}}\right)^{m} \leq(1-\delta)^{m}
$$

If we set $t_{0}=0$ and define recursively $t_{i+1}=t_{i}+\tilde{T}_{1} \circ \theta_{t_{i}}$, where $\theta_{n}$ denotes the time shift of the trajectory (recall that $T_{m}$ is defined relative to the starting position), the exponential tail of $\tilde{T}_{1}$ implies by the exponential Markov inequality

$$
\begin{equation*}
P_{\omega, \lambda}\left(t_{n}>\frac{C n}{\lambda^{2}}\right) \leq e^{-2 n} \tag{52}
\end{equation*}
$$

for some $C$ sufficiently large. We define the one-dimensional process $Y_{n}=\left(X_{t_{n}}\right.$. $\left.e_{1}\right) / L_{1}$, which indicated the subsequent hyperplanes visited by $\left(X_{n}\right)_{n}$, then by Lemma $5, Y_{n}$ jumps to the right with probability at least $\frac{2}{3}$ and then

$$
\begin{equation*}
P_{\omega, \lambda}\left(\sup _{k \leq C n} Y_{k}<n\right) \leq e^{-2 n} \tag{53}
\end{equation*}
$$

for $C$ sufficiently large. If we combine (52) and (53), we obtain

$$
P_{\omega, \lambda}\left(T_{n}>\frac{C n}{\lambda^{2}}\right) \leq P_{\omega, \lambda}^{x}\left(\sup _{k \leq C n} Y_{k}<n\right)+P_{\omega, \lambda}\left(t_{n}>\frac{C n}{\lambda^{2}}\right) \leq 2 e^{-2 n}
$$

7.3. Proof of Lemma 8. We first find a uniform lower bound for the probability $P_{\omega, \lambda}\left(D_{1 / \lambda} \geq \frac{r}{\lambda^{2}}\right)$ for $r \leq 1$ small enough, where $D_{1 / \lambda}$ is the exit time from the ball $B_{1 / \lambda}$ of radius $\frac{1}{\lambda}$ in the 1 -norm. Note that $P_{\omega, \lambda}\left(D_{1 / \lambda} \geq \frac{r}{\lambda^{2}}\right)$ depends only on the environments inside the box. Hence, as in Section 7.2, we let $a \in \Omega$ be a modified environment such that $a(e)=\omega(e)$ for any bond $e$ in $B_{2 / \lambda}$, and $a\left(e^{\prime}\right) / a\left(e^{\prime \prime}\right)<C$ for all bonds $e^{\prime}, e^{\prime \prime}$ in $\mathbb{Z}^{d}$. Then $P_{\omega, \lambda}\left(D_{1 / \lambda} \leq \frac{4 r}{\lambda^{2}}\right)=P_{a}\left(D_{1 / \lambda} \leq \frac{4 r}{\lambda^{2}}\right)$, and

$$
\begin{aligned}
P_{a}\left(D_{1 / \lambda} \leq \frac{4 r}{\lambda^{2}}\right) \leq & P_{a}\left(\left|X_{4 r / \lambda^{2}}\right| \geq \frac{1}{2 \lambda}\right) \\
& +P_{a}\left(\left|X_{4 r / \lambda^{2}}\right|<\frac{1}{2 \lambda}, D_{1 / \lambda} \leq \frac{4 r}{\lambda^{2}}\right) \\
\leq & P_{a}\left(\left|X_{4 r / \lambda^{2}}\right| \geq \frac{1}{2 \lambda}\right) \\
& +E_{a}\left[P_{a}^{X_{D_{1 / \lambda}}}\left(\left|X_{4 r / \lambda^{2}-D_{1 / \lambda}}\right| \geq \frac{1}{2 \lambda}\right)_{\left\{\mathbb{1}_{\{1 / \lambda} \leq \frac{4 r}{\lambda^{2}}\right\}}\right]
\end{aligned}
$$

By the heat kernel upper bound in [11], Theorem 3.1(i), we get for $1 / 2 \lambda_{1} \leq k \leq$ $4 r / \lambda_{1}^{2}$

$$
\begin{aligned}
P_{a}\left(\left|X_{k}\right| \geq \frac{1}{2 \lambda_{1}}\right) & =\sum_{m=1 / 2 \lambda_{1}|x|=m}^{k} P_{a}\left(X_{k}=x\right) \\
& \leq C \sum_{m=1 / 2 \lambda_{1}} \sum_{|x|=m} \frac{m(x)}{V(0, \sqrt{k})} e^{-\bar{c}_{2}|x|^{2} / k} \\
& \leq C k^{-d / 2} \sum_{m=1 / 2 \lambda_{1}}^{k} m^{d-1} e^{-\bar{c}_{2} m^{2} / k}
\end{aligned}
$$

Comparing this sum with an integral and using $k \leq 4 r / \lambda_{1}^{2}$, the last line is bounded by $C e^{-c / r}$ which is smaller than $\frac{1}{4}$ for $r$ small enough. This yields $P_{\omega, \lambda}\left(D_{1 / \lambda} \leq\right.$ $\left.\frac{4 r}{\lambda^{2}}\right) \leq \frac{1}{2}$ and so

$$
E_{\omega, \lambda}\left[e^{-\lambda^{2} D_{1 / \lambda}}\right] \leq 1-\delta
$$

for some $\delta>0$ when $r, \lambda>0$ are small enough. Now we can proceed similarly to the proof of Lemma 4.5 in [10]:

$$
\begin{aligned}
E_{\omega, \lambda}\left[\max _{0 \leq s \leq t}\left|\lambda X_{s / \lambda^{2}}\right|^{p}\right] & =\int_{0}^{\infty} p y^{p-1} P_{\omega, \lambda}\left(\max _{0 \leq s \leq t}\left|\lambda X_{s / \lambda^{2}}\right|^{p} \geq y\right) \mathrm{d} y \\
& =\int_{0}^{\infty} p y^{p-1} P_{\omega, \lambda}\left(D_{y / \lambda^{p}} \leq \frac{t}{\lambda^{2}}\right) \mathrm{d} y \\
& \leq e^{t} \int_{0}^{\infty} p y^{p-1} E_{\omega, \lambda}\left[e^{-\lambda^{2} D_{y / \lambda}}\right] \mathrm{d} y
\end{aligned}
$$

The exit time of the ball of radius $\frac{y}{\lambda^{2}}$ can be bounded as

$$
D_{y / \lambda^{2}} \geq D_{1 / \lambda^{2}}+D_{1 / \lambda^{2}} \circ \theta_{D_{1 / \lambda^{2}}}+\cdots+D_{1 / \lambda^{2}} \circ \theta_{D_{(L y\rfloor-1) / \lambda^{2}}}
$$

The Markov property and the inequality $E_{\omega, \lambda}\left[e^{-\lambda^{2} D_{1 / \lambda}}\right] \leq 1-\delta$ imply then for $t \leq 1$

$$
E_{\omega, \lambda}\left[\max _{0 \leq s \leq t}\left|\lambda X_{s / \lambda^{2}}\right|^{p}\right] \leq e^{t} \int_{0}^{\infty} p y^{p-1}(1-\delta)^{\lfloor y\rfloor} \mathrm{d} y \leq C,
$$

with $C$ depending only on $p$, the bounds for the conductances and the dimension. The Markov property implies then for $t \geq 1$

$$
\begin{aligned}
E_{\omega, \lambda}\left[\max _{0 \leq s \leq t}\left|\lambda X_{s / \lambda^{2}}\right|^{p}\right] & \leq E_{\omega, \lambda}\left[\left(\sum_{k=1}^{\lceil t\rceil} \max _{k-1 \leq s \leq k}\left|\lambda\left(X_{s / \lambda^{2}}-X_{(k-1) / \lambda^{2}}\right)\right|\right)^{p}\right] \\
& \leq\lceil t\rceil^{p-1} \sum_{k=1}^{\lceil t\rceil} E_{\omega, \lambda}\left[\max _{k-1 \leq s \leq k}\left|\lambda\left(X_{s / \lambda^{2}}-X_{(k-1) / \lambda^{2}}\right)\right|^{p}\right] \\
& \leq C \cdot t^{p}
\end{aligned}
$$

which is equivalent to the claimed inequality.
Acknowledgments. This paper owes a lot to discussions with Pierre Mathieu. In particular, X. Guo and J. Nagel thank Pierre for several invitations to Marseille, and for pointing us to the space $\mathcal{H}_{-1}$ and to reference [21].

We also thank the anonymous referee for a very careful reading of the first version, resulting in many improvements.

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[^0]:    Received December 2015; revised April 2016.
    ${ }^{1}$ Supported by DFG Grant GA 582/8-1.
    MSC2010 subject classifications. Primary 60K37, 60K40; secondary 60J25, 60G10, 82C41.
    Key words and phrases. Random conductance model, Einstein relation, steady states.

