

# Temporal and spectral fingerprint of ultrafast all-coherent spin switching

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**Future information technology demands ultimately fast, low-loss quantum control. Intense light fields have facilitated important milestones, such as inducing novel states of matter<sup>1-3</sup>, accelerating electrons ballistically<sup>4-7</sup>, or coherently flipping the valley pseudospin<sup>8</sup>. These dynamics leave unique signatures, such as characteristic bandgaps or high-order harmonic radiation. The fastest and least dissipative way of switching the technologically most important quantum attribute – the spin – between two states separated by a potential barrier is to trigger an all-coherent precession. Pioneering experiments and theory with picosecond electric and magnetic fields have suggested this possibility<sup>9-11</sup>, yet observing the actual dynamics has remained out of reach. Here, we show that terahertz (1 THz = 10<sup>12</sup> Hz) electromagnetic pulses allow coherent navigation of spins over a potential barrier and we reveal the corresponding temporal and spectral fingerprints. This goal is achieved by coupling spins in antiferromagnetic TmFeO<sub>3</sub> with the locally enhanced THz electric field of custom-tailored antennas. Within their duration of 1 ps, the intense THz pulses abruptly change the magnetic anisotropy and trigger a large-amplitude ballistic spin motion. A characteristic phase flip, an asymmetric splitting of the magnon resonance, and a long-lived offset of the Faraday signal are hallmarks of coherent spin switching into adjacent potential minima, in agreement with a numerical simulation. The switchable spin states can be selected by an external magnetic bias. The low dissipation and the antenna’s sub-wavelength spatial definition could facilitate scalable spin devices operating at THz rates.**

30 The lowest theoretical limit of energy dissipation for manipulating one bit of information is  
31 defined by the Landauer principle<sup>12</sup> as  $Q = k_B T \ln 2$ , where  $T$  is the temperature and  $k_B$  denotes the  
32 Boltzmann constant. This can be seen as a result of inelastic scattering of a quasiparticle of energy  $Q$ ,  
33 such as a collective spin excitation, called a magnon. At or below room temperature,  $Q$  is of the order  
34 of meV, which by the uncertainty principle entails picosecond time scales for minimally dissipative  
35 switching. Thus, precessional switching<sup>10,13,14</sup> triggered by a single-cycle THz pulse with meV photon  
36 energies and sub-picosecond duration promises ultimately fast and least-dissipative magnetic control.

37 Experimentally, ultrafast spin control has come a long way<sup>15-17</sup> from the discovery of  
38 subpicosecond laser-induced spin dynamics<sup>18</sup> to all-optical non-thermal recording<sup>19</sup>. Understanding  
39 strongly non-equilibrium spin dynamics triggered by THz pulses, however, is still in its infancy. In anti-  
40 tiferromagnets, magnons feature resonance energies in the meV range<sup>20</sup> and can be directly addressed  
41 by the magnetic field component of intense THz pulses<sup>21-23</sup>. Since the underlying Zeeman interaction  
42 is relatively weak, magnetic field amplitudes, which allow for a complete spin reversal have only been  
43 reached in linear accelerators<sup>9</sup>, where the spin dynamics have not been accessible on the intrinsic fem-  
44 tosecond scale. Also spin transfer torques mediated by THz-driven electric currents have induced  
45 switching of antiferromagnetic domains, yet without ultrafast temporal resolution<sup>24</sup>.

46 Conversely, electromagnons and the more universal coupling of crystal-field split electronic  
47 transitions or coherent phonons with the magnetic anisotropy field have allowed the electric THz field  
48 component to drive large-amplitude magnons, observed directly in the time domain<sup>22,25,26</sup>. The  
49 available THz peak electric field of  $1 \text{ MV cm}^{-1}$ , however, has limited the maximum spin excursion far  
50 below critical values needed for a complete spin reversal. Meanwhile, the near-field enhancement in  
51 custom-tailored antenna structures has been exploited to sculpt atomically strong THz waveforms,  
52 sufficient to drive non-perturbative nonlinearities, such as THz-induced phase transitions<sup>27</sup> and inter-  
53 band Zener tunnelling, with subdiffractive spatial definition<sup>28</sup>. Such enhancement of the electric field  
54 has not yet been utilized for coherent spin control.

55 Here we combine the advantages of electric-field induced anisotropy changes in an antiferro-  
56 magnet with the local near-field enhancement of metal antennas. We ballistically steer spins over

57 potential barriers to achieve THz-driven switching between stable states while these dynamics are  
58 observed directly on the femtosecond scale. The experiments are performed in high-quality single  
59 crystals of the model antiferromagnet  $\text{TmFeO}_3$ . The antiferromagnetically ordered  $\text{Fe}^{3+}$  spins are  
60 slightly canted by the Dzyaloshinskii-Moriya interaction, resulting in a net ferromagnetic moment. As  
61 the magnetic anisotropy depends on temperature<sup>26</sup>, the spins undergo reorientation phase transitions at  
62  $T_1 = 80$  K and  $T_2 = 90$  K. The anisotropy may also be modified by THz electric dipole transitions be-  
63 tween crystal field-split states of the electronic ground state of the  $\text{Tm}^{3+}$  ions, the angular momenta of  
64 which are coupled with the  $\text{Fe}^{3+}$  spins by exchange and dipolar interactions<sup>29</sup>. Our idea is to abruptly  
65 change the magnetic anisotropy by sufficiently strong THz pulses causing the spins to switch fully  
66 ballistically.

67 We fabricate custom-tailored bowtie antennas of gold (feed gap,  $3.5 \mu\text{m}$ ) onto a  $60\text{-}\mu\text{m}$ -thick  
68 single crystal of  $\text{TmFeO}_3$  (Extended Data Figure 1) to bypass the diffraction limit and maximize the  
69 achievable THz amplitude. The design was guided by numerical finite-difference frequency-domain  
70 simulations optimizing the near-field enhancement at a frequency of  $0.65$  THz (see Methods), which is  
71 resonant with crystal field-split ground state transitions in  $\text{Tm}^{3+}$ . In a pump-probe scheme (Fig. 1a), an  
72 intense THz transient with tuneable far-field amplitudes of up to  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$  (see Methods)  
73 excites the structure from the  $\text{TmFeO}_3$  back side. The ensuing spin dynamics are probed via the  
74 polarisation rotation,  $\theta$ , imprinted on a co-propagating femtosecond near-infrared pulse (wavelength,  
75  $807 \text{ nm}$ ; pulse duration,  $33 \text{ fs}$ ) by the Faraday effect and magnetic linear dichroism. Our quantitative  
76 simulation shows that, for the strongest electro-optically detected THz waveform, the near-field of the  
77 antenna,  $E_{\text{NF}}$ , readily exceeds  $9 \text{ MV cm}^{-1}$  in the centre of the gap (Fig. 1b).

78 To test the efficiency of the antenna, we compare the magneto-optical signal induced in  $\text{TmFeO}_3$   
79 in the transition phase ( $T = 83 \text{ K}$ ) with and without the near-field antenna, as a function of the pump-  
80 probe delay time,  $t$ . In the absence of an antenna, a THz pulse with an amplitude of  $E_{\text{THz}} =$   
81  $1.0 \text{ MV cm}^{-1}$  abruptly sets off coherent magnon oscillations, which decay exponentially within  $40 \text{ ps}$   
82 (Fig. 1c, black curve). The signal consists of a superposition of two frequency components centred at  
83  $0.09 \text{ THz}$  and  $0.82 \text{ THz}$  (inset of Fig. 1c) – the quasi-ferromagnetic (q-fm) and the quasi-antiferro-  
84 magnetic (q-afm) mode<sup>26</sup>, respectively. The maximum rotation angle of the probe polarisation of

85 0.5 mrad corresponds to a magnetisation deflection by  $3.5^\circ$  (see Methods). In contrast, we observe a  
86 qualitatively different response when the probe pulse is positioned in the centre of the antenna feed  
87 gap. Here a polarisation rotation as high as 0.9 mrad is reached for a much weaker THz far-field of  
88  $E_{\text{THz}} = 0.4 \text{ MV cm}^{-1}$  (Fig. 1c, blue curve). In addition, the relative spectral amplitude of the q-fm mode  
89 is significantly enhanced, whereas the amplitude of the q-afm mode is suppressed. This behaviour is  
90 expected since the q-fm mode is excited by the antenna-enhanced THz electric field component,  
91 whereas the q-afm magnon can only be launched by Zeeman coupling to the THz magnetic field<sup>26</sup>,  
92 which is not enhanced in the feed gap.

93 The amplitude of the q-fm magnon is remarkably high given that the field enhancement is  
94 spatially confined to the evanescent near-field region (depth,  $\sim 13 \mu\text{m}$ ) whereas the magneto-optical  
95 signal in the antenna-free case (Fig. 1c, black curve) originates from the entire thickness ( $60 \mu\text{m}$ ) of  
96 the  $\text{TmFeO}_3$  substrate. A rough estimate (see Methods) shows that the spins in the antenna gap need to  
97 undergo a rotation by as much as  $24^\circ$  in order to explain the observed signal strength. Hence, a further  
98 increase of the incident THz field may be able to cause complete spin switching.

99 Figure 2a shows the ultrafast polarisation rotation probed in the feed gap, for various far-field  
100 THz amplitudes between  $E_{\text{THz}} = 0.15 \text{ MV cm}^{-1}$  and  $1.0 \text{ MV cm}^{-1}$ . For the lowest field, the spin  
101 dynamics resembles the q-fm precession sampled in the unstructured crystal (Fig. 1c, black curve). For  
102 increasing fields, the oscillation amplitude grows. When the incident THz field exceeds  
103  $E_{\text{THz}} = 0.75 \text{ MV cm}^{-1}$ , a qualitatively new behaviour emerges. The period of the first full cycle of the  
104 magnetisation oscillation is distinctly stretched (see vertical dashed line in Fig. 2a) while a pronounced  
105 beating feature occurs in the coherent polarisation rotation signal, seen during  $25 \text{ ps} < t < 35 \text{ ps}$ .  
106 Simultaneously, a long-lived offset of the Faraday signal develops (Fig. 2b, red shaded area). In the  
107 frequency domain (Fig. 2c), these novel dynamics are associated with an asymmetric splitting of the q-  
108 fm magnon resonance superimposed on a broad spectral distribution, somewhat reminiscent of the  
109 spectral fingerprint of carrier-wave Rabi oscillations<sup>30</sup>. The long-lived offset (Fig. 2b) manifests itself  
110 in a dc spectral component, which grows more rapidly for  $E_{\text{THz}} > 0.75 \text{ MV cm}^{-1}$  (Fig. 2d and Extended  
111 Data Figure 2). We will show next that the stretching of the first oscillation cycle, the beating of the  
112 Faraday signal, and the spectral splitting of the magnon resonance are hallmarks of all-coherent non-

113 perturbative spin trajectories between adjacent minima of the magnetic potential energy, whereas the  
114 long-lived offset directly reads out the switched spin state.

115 The dynamics can best be understood by starting out with the magnetic structure of  $\text{TmFeO}_3$   
116 (Fig. 3a). The slight canting between the magnetisations  $\mathbf{M}_1$  and  $\mathbf{M}_2$  of the two antiferromagnetic  
117 sublattices causes a weak ferromagnetic moment  $\mathbf{F} = \mathbf{M}_1 + \mathbf{M}_2$  in the  $x$ - $z$ -plane. The antiferromagnetic  
118 vector  $\mathbf{G} = \mathbf{M}_1 - \mathbf{M}_2$  encloses an angle  $\phi$  with the  $x$ -axis. In the  $\Gamma_{24}$  transition phase ( $T_1 < T < T_2$ ),  
119  $\phi$  shifts continuously between  $0^\circ$  and  $90^\circ$  as the magnetic potential  $W(\phi)$  changes with the thermal  
120 population of the  $\text{Tm}^{3+}$  crystal field-split states<sup>26</sup>.  $W(\phi)$  features four intrinsically degenerate minima.  
121 To ensure that the pump-probe experiment starts with the same equilibrium spin orientation angle  $\phi_0$   
122 for every laser shot, we apply a weak external magnetic field  $B_{\text{ext}} = 100$  mT (see Methods).

123 When the intense THz near-field excites the  $\text{Tm}^{3+}$  ions, it abruptly modifies  $W(\phi)$ , shifting both  
124 the position,  $\phi_0$ , and the depth of the potential minimum (Fig. 3b, inset). These non-adiabatic changes  
125 give rise to a displacive and an impulsive anisotropy torque, which initiate coherent magnetisation  
126 dynamics as described by the generalized sine-Gordon equation (see Methods). Figure 3b illustrates  
127 two typical spin trajectories. For a peak near-field of  $E_{\text{NF}} = 6$  MV  $\text{cm}^{-1}$ , the spins carry out a coherent  
128 oscillation about  $\phi_0$ . A field of  $E_{\text{NF}} = 10$  MV  $\text{cm}^{-1}$ , in contrast, allows the spins to overcome the  
129 potential barrier at  $t = 3.4$  ps, and relax into a new equilibrium position  $\phi_1$ , corresponding to a spin  
130 rotation by  $\sim 90^\circ$ . While crossing the potential maximum the spins acquire a characteristic phase,  
131 which causes a retardation by  $\sim 180^\circ$  with respect to spin oscillations in the initial potential minimum,  
132 seen at  $t = 9.7$  ps (Fig. 3b, red solid line). Once the spins have reached their maximum positive  
133 deflection they oscillate back, but do not overcome the potential barrier a second time because of  
134 damping. They rather stay within the new minimum and, in a strongly anharmonic motion, accumulate  
135 more phase retardation such that the red and blue trajectories in Fig. 3b oscillate in phase again,  
136 around  $t \approx 25$  ps.

137 To link these dynamics with the measured polarisation rotation, we calculate the expected  
138 Faraday signal by projecting the ferromagnetic moment  $\mathbf{F}(\phi)$  onto the wave vector of the near-infrared  
139 probe pulse,  $\mathbf{k}_{\text{NIR}}$  (see Fig. 3a). By superimposing the contributions of the two spin trajectories in

140 Fig. 3b, the pronounced beating feature ( $t \approx 25$  ps) can be clearly associated with the phase slip  
 141 occurring during spin switching (see Extended Data Figure 3). For a quantitative analysis, we combine  
 142 our calculation of the near-field induced by the experimental THz wave with a numerical solution of  
 143 the local generalized sine-Gordon equation (see Methods). We then weigh the locally induced Faraday  
 144 signal by the Gaussian intensity distribution of the probe beam and sum all the microscopic  
 145 contributions from the probed volume. Figure 3c shows the calculated polarisation rotations,  $\theta$ , for  
 146  $E_{\text{THz}} = 0.4 \text{ MV cm}^{-1}$  and  $1.0 \text{ MV cm}^{-1}$ . All experimental features are quantitatively reproduced,  
 147 including the quasi-monochromatic magnon oscillation, for low fields (Fig. 3c, blue curve), as well as  
 148 the phase retardation of the first magnon oscillation period and the pronounced beating at  $t \approx 25$  ps, at  
 149 large THz fields (Fig. 3c, red curve). Moreover, the model unambiguously connects the asymmetric  
 150 splitting of the q-fm resonance and the broad low-frequency components (Fig. 3d) to THz-driven all-  
 151 coherent spin switching. The calculation also proves that the switched spins can be directly read out.  
 152 As seen in Fig. 3e, increasing  $E_{\text{THz}}$  leads to a long-lived signal offset, caused by two distinct  
 153 mechanisms: (i) THz excitation of  $\text{Tm}^{3+}$  ions slightly shifts the position of the potential minimum (Fig.  
 154 3b, inset). (ii) A transfer of spins over the barrier can also change the net magneto-optical signal if  $\mathbf{k}_{\text{NIR}}$   
 155 is tilted out of the  $y$ - $z$ -plane (Fig. 3a). In our experiment, we estimate a tilt angle of  $\sim 1^\circ$ . Whereas the  
 156 offset caused by the shift of the magnetic potential grows slowly with  $E_{\text{THz}}$  (Fig. 3e, red circles), the  
 157 slope of the long-lived Faraday signal (Fig. 3e, red spheres) increases rapidly above the switching  
 158 threshold  $E_{\text{THz}} > 0.75 \text{ MV cm}^{-1}$ , as seen in the experiment (Fig. 2d). This steep increase is thus a direct  
 159 way of reading out the switched spin population.

160 Based on the microscopic understanding of the spin dynamics, we can shape the spin trajectory  
 161 by tailoring the magnetic potential. As a first control parameter (see Extended Data Figure 4), we  
 162 lower the temperature to  $T = 82.5 \text{ K}$ , where the barrier height,  $w$ , is slightly increased (Fig. 4a).  
 163 Consequently, the switching dynamics are decelerated and the beating signature is delayed to  $t = 45$  ps  
 164 (Fig. 4e, top curve). Meanwhile, the spectrum remains qualitatively similar (Fig. 4f, top curve). The  
 165 barrier height can also be raised by rotating the external magnetic bias field,  $\mathbf{B}_{\text{ext}}$ , by an angle  $\alpha = 15^\circ$   
 166 about the optical axis (Fig. 4b and Extended Data Figure 1), resulting in a shift of the beating feature  
 167 to a delay of  $t = 55$  ps (Fig. 4e). Thereby, the potential shoulder at  $\phi = -115^\circ$  is lowered (Fig. 4b),

168 which enables large-amplitude oscillations throughout a slightly wider potential trough, causing a  
169 weak red-shift of the spectrum (Fig. 4f). For  $\alpha = 60^\circ$  (Fig. 4c), the dynamics are strongly altered  
170 (Figs. 4e, f). After the spins are driven up the potential barrier at  $\phi = 0^\circ$  during the first half cycle, the  
171 non-switching spins oscillate back through the wide potential minimum that is extended by the  
172 shoulder at  $\phi = -115^\circ$ . This results in a strong red-shift of the centre frequency to 50 GHz. On the  
173 potential shoulder, the projection  $\mathbf{F} \cdot \mathbf{k}_{\text{NIR}}$  drops below its initial value at  $\phi_0$  (Extended Data Figure 5),  
174 leading to a transient negative offset of the Faraday signal (Fig. 4e, dashed-dotted line, and Extended  
175 Data Figure 6) until the oscillations of the unswitched spins have decayed within the starting local  
176 potential minimum. Still, a sufficiently large fraction of spins reach the target valley (grey sphere) for  
177 beating to be observed. Finally,  $\alpha = 95^\circ$  sets a new starting position and direction of acceleration (Fig.  
178 4d, violet sphere and arrow), causing a reversal of the transient polarization rotation signal and offset  
179 (Fig. 4e and Extended Data Figure 5). The wide potential minimum leads to a reduced centre  
180 frequency reproduced by calculating the single spin dynamics (Fig. 4f, black arrows). The large barrier  
181 to the neighbouring valley (grey circle) inhibits switching completely and no beating is observed.

182 The unprecedented phase slip, the asymmetric spectral splitting, and the long-lived offset in the  
183 magneto-optical response occurring above a well-defined threshold peak field are the fingerprints of  
184 ballistic spin switching, marking a novel regime of ultrafast all-coherent spin control throughout the  
185 entire phase space. In our specific implementation of a THz-driven anisotropy torque, the absorption  
186 of approximately one THz photon energy per spin suffices for switching whereas the energy  
187 dissipation within the spin system remains below 1  $\mu\text{eV}$  per spin (see Methods). This scheme is, thus,  
188 highly scalable. Future storage devices could exploit the excellent spatial definition of antenna  
189 structures (Extended Data Figure 7) to switch magnetic bits of a diameter of 10 nm with THz energies  
190 of less than 1 attojoule. Owing to the absence of magnetic stray fields, these cells could be densely  
191 packed, similar to vortex core structures in ferromagnetic thin films<sup>14</sup>. The readout of the spin state  
192 could be combined with spintronic approaches<sup>20,24</sup>. Such optimized antennas with nanoscale gaps pro-  
193 viding field enhancement factors of  $10^4$  and more may be driven by all-electronic on-chip THz

194 sources, enabling practical implementations of novel spin memories operating at THz clock rates, and  
195 ultimately low dissipation.

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273 analysed the data, discussed the results, and contributed to the writing of the manuscript.

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277 **Figure 1 | Antenna-enhanced THz spin dynamics.** **a**, Schematic of the gold bowtie antenna on TmFeO<sub>3</sub>. The  
278 structure is excited from the back side by an intense THz electric field  $E_{\text{THz}}$  (red waveform) while a co-  
279 propagating near-infrared pulse ( $h\nu_{\text{probe}}$ , light blue) probes the induced magnetisation dynamics in the centre of  
280 the feed gap. **b**, Peak near-field amplitude,  $E_{\text{NF}}$ , in the antenna feed gap calculated by finite-difference  
281 simulations for a real THz waveform with a peak field amplitude of  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$  (see Extended Data Fig.  
282 1c). **c**, Experimentally detected polarisation rotation signal as a function of the delay time,  $t$ , obtained for a peak  
283 electric THz field of  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$  on the unstructured substrate (black curve) and when probing the gap  
284 of the bowtie antenna structure resonantly excited by a THz waveform with a peak electric far-field amplitude of  
285  $E_{\text{THz}} = 0.4 \text{ MV cm}^{-1}$  (blue curve, vertically offset by 1 mrad for better visibility). Inset: Corresponding amplitude  
286 spectra featuring two modes at 0.09 THz and 0.82 THz. The sample was kept at a lattice temperature of  
287  $T = 83 \text{ K}$ .

288

289 **Figure 2 | THz-induced nonlinear spin dynamics.** **a**, Polarisation rotation probed in the centre of the antenna  
290 feed gap for various far-field amplitudes, as a function of the delay time,  $t$ . For incident THz peak fields  $E_{\text{THz}} >$   
291  $0.75 \text{ MV cm}^{-1}$ , the quasi-monochromatic oscillation is strongly distorted by a phase slip at delay times between  
292 25 and 35 ps. The measurements are offset and scaled as indicated for clarity. Lattice temperature  $T = 83 \text{ K}$ . **b**,  
293 Long-term evolution of the polarisation rotation for a THz peak field of  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$ . The red-shaded  
294 area indicates the long-lived offset. **c**, Spectral amplitude of the time-domain data shown in **a**. The phase slip in  
295 the polarisation rotation signal for highest THz fields manifests itself in a splitting of the q-fm resonance. **d**,  
296 Spectral amplitude of the dc offset,  $A_{0 \text{ THz}}$ , as a function of the THz far-field peak amplitude,  $E_{\text{THz}}$ .  $A_{0 \text{ THz}}$   
297 increases monotonically with the THz field. Grey-shaded area: Spin-switching regime with increased slope of  $A_{0 \text{ THz}}$ .  
298  $A_{0 \text{ THz}}$ . Dashed lines, guides to the eye.

299

300 **Figure 3 | Microscopic picture of ballistic spin motion.** **a**, Spin and lattice structure of TmFeO<sub>3</sub> in the  $\Gamma_{24}$   
301 phase ( $T_1 < T < T_2$ ), showing the Fe<sup>3+</sup> spins (dark blue spheres and arrows), Tm<sup>3+</sup> ions (orange spheres), and the  
302 ferromagnetic moment,  $\mathbf{F}$  (violet arrow). The antiferromagnetic vector  $\mathbf{G}$  (brown arrow) lies in the x-z-plane and  
303 encloses a finite angle of  $0 < \phi < 90^\circ$  with the x-axis. Inset: geometry of the wave vector of the probe pulse,  $\mathbf{k}_{\text{NIR}}$   
304 (light blue arrow), with respect to  $\mathbf{F}$  and the external magnetic field  $\mathbf{B}_{\text{ext}}$  (grey arrow). **b**, Numerical simulation of  
305 THz-induced ballistic spin dynamics. Upon THz excitation, the magnetic potential  $W(\phi)$  is abruptly modified

306 near a delay time of  $t = 0$  ps (magnified in inset). Near-field THz transients with peak amplitudes of  $E_{\text{NF}} = 6$   
 307  $\text{MV cm}^{-1}$  abruptly induce large-amplitude spin oscillations within the same potential valley around the initial  
 308 angle  $\phi_0$  (blue trajectory). For a THz near-field of  $E_{\text{NF}} = 10 \text{ MV cm}^{-1}$ , the spins reach the adjacent local minimum  
 309 (red trajectory) at  $\phi_1$ , where  $\phi_1 \approx \phi_0 + 90^\circ$ , accumulating a phase retardation relative to spins oscillating around  $\phi_0$   
 310 (delay times  $t = 9.7$  ps and  $27.2$  ps, respectively; red cuts through the magnetic potential). **c**, Calculated  
 311 polarisation rotation in the antenna feed gap for an incident THz electric peak field amplitude of  $E_{\text{THz}} = 0.4 \text{ MV}$   
 312  $\text{cm}^{-1}$  (blue curve) and  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$  (red curve) as a function of the delay time,  $t$ , for a lattice temperature  
 313 of  $T = 83$  K, normalized to the experimental peak value. The experimental data are plotted as circles. **d**,  
 314 Amplitude spectra of the time-domain data shown in **c**. **e**, Calculated scaling of the spectral amplitude of the  
 315 long-lived offset,  $A_{0 \text{ THz}}$ , for no misalignment (red circles) and a misalignment angle of the near-infrared **k**-vector  
 316 out of the  $y$ - $z$ -plane of  $1.25^\circ$  (red spheres). In the spin-switching regime ( $E_{\text{THz}} \geq 0.75 \text{ MV cm}^{-1}$ , grey-shaded area)  
 317 the calculations reproduce the increased slope of  $A_{0 \text{ THz}}$  observed in the experiment (Fig. 2d). Dashed lines,  
 318 guides to the eye.

319

320 **Figure 4 | Ballistic navigation of spins.** **a-d**, Magnetic potential  $W(\phi)$  for a lattice temperature of  $T = 82.5$  K  
 321 and various orientations  $\alpha$  of the static external magnetic bias,  $\mathbf{B}_{\text{ext}}$ .  $w$ , potential barrier height relevant for  
 322 switching; black arrows, potential shoulder associated with the red-shift. Violet spheres and arrows: initial spin  
 323 orientation and direction after excitation; grey spheres, final orientation of switched spins. **e**, Polarization  
 324 rotation as a function of the delay time,  $t$ , for the potentials shown in **a-d** and a THz peak far-field amplitude of  
 325  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$ . Dashed-dotted curve: transient negative polarization rotation (see text). **f**, Amplitude spectra  
 326 of the time-domain data shown in **e**. The black arrows mark the computed centre frequencies.

327 **Methods**

328

329 **Sample preparation.** We used a monocrystalline, 60- $\mu\text{m}$ -thick  $\text{TmFeO}_3$  sample obtained by floating-  
330 zone melting. The sample was cut perpendicularly to one of the crystal's optical axes, which lies in the  
331  $y$ - $z$ -plane at an angle of  $51^\circ$  with respect to the  $z$ -axis. The custom-tailored THz antennas with a feed  
332 gap of  $3.5 \mu\text{m}$  and a resonance frequency of  $0.65 \text{ THz}$  were processed on top of the crystal by  
333 electron-beam lithography of a poly( $\alpha$ -methylstyrene-co- $\alpha$ -chloracrylate methylester) resist,  
334 subsequent evaporation of  $100 \text{ nm}$  of gold, and lift-off. The structure was kept in a helium cryostat and  
335 cooled to temperatures within the  $\Gamma_{24}$  transition phase. For the measurements discussed in the first part  
336 of the manuscript, a static bias field of  $B_{\text{ext}} = 100 \text{ mT}$  from a permanent magnet was applied within the  
337  $y$ - $z$ -plane of the crystal at an angle of  $39^\circ$  relative to the  $z$ -axis, defining the equilibrium spin  
338 orientation  $\phi_0$  and ensuring the restoring of the magnetisation between subsequent laser pulses. For the  
339 data shown in Fig. 4, the  $\mathbf{B}$ -field was rotated about the optical axis of the crystal, whereby an angle of  
340  $\alpha = 0^\circ$  denotes the starting position within the  $y$ - $z$ -plane as defined above.

341 **Experimental setup.** Intense single-cycle THz pulses were generated by tilted-pulse front optical  
342 rectification of near-infrared pulses from a low-noise Ti:sapphire laser amplifier (centre wavelength,  
343  $807 \text{ nm}$ ; pulse energy,  $5.5 \text{ mJ}$ ; pulse duration,  $33 \text{ fs}$ ; repetition rate,  $3 \text{ kHz}$ ) in a cryogenically cooled  
344  $\text{LiNbO}_3$  crystal (Extended Data Figure 1b). A pair of wire-grid polarisers were used to control the peak  
345 field strength and the polarisation state of the THz waveforms. Extended Data Figure 1c and d show  
346 the THz transient and the corresponding spectrum featuring frequency components between  $0.3$  and  
347  $2.5 \text{ THz}$ . A small portion of the near-infrared power was sent through a delay line, combined with the  
348 THz pulse using a fused silica window coated with indium tin oxide, and collinearly transmitted  
349 through the feed gap of the antenna structure to probe the magnetisation state. The polarisation  
350 rotation was measured by subsequent optics consisting of a half-wave plate, a Wollaston prism, and  
351 two balanced silicon photodiodes, read out by a lock-in amplifier.

352 **Estimate of the spin switching energy.** The Poynting theorem dictates that the absorbed electro-  
353 magnetic power density  $P(t)$  is given by

354 
$$P(t) = j(t) E(t), \quad (1)$$

355 where  $j(t)$  is the effective current density describing dissipative processes in a material and  $E(t)$  is the  
 356 oscillating electric field. The full energy absorbed per unit volume is therefore

357 
$$W_{\text{abs}} = \int_{-\infty}^{\infty} j(t) E(t) dt. \quad (2)$$

358 By taking the Fourier transforms  $j(t) = \frac{1}{2\pi} \int_{-\infty}^{\infty} \tilde{j}(\omega) e^{i\omega t} d\omega$  and  $E(t) = \frac{1}{2\pi} \int_{-\infty}^{\infty} \tilde{E}(\omega') e^{i\omega' t} d\omega'$ ,  
 359 where  $\omega$  is the frequency, and substituting them into Eq. (2) we obtain

360 
$$W_{\text{abs}} = \frac{1}{2\pi} \int_{-\infty}^{\infty} \tilde{j}(\omega) \tilde{E}(-\omega) d\omega. \quad (3)$$

361 The current density is connected to the electric field by the effective conductivity  $\sigma(\omega) = \frac{\tilde{j}(\omega)}{\tilde{E}(\omega)}$  so as

362 
$$W_{\text{abs}} = \frac{1}{2\pi} \int_{-\infty}^{\infty} \sigma(\omega) \tilde{E}(\omega) \tilde{E}(-\omega) d\omega = \frac{1}{2\pi} \int_{-\infty}^{\infty} \sigma(\omega) |\tilde{E}(\omega)|^2 d\omega. \quad (4)$$

363 In the case of crystal-field split ground state transitions of  $\text{TmFeO}_3$  in the temperature interval between  
 364 80 K and 90 K, where the imaginary part of the dielectric function  $\varepsilon_2$  is much smaller than its real part  
 365  $\varepsilon_1$  (see Ref. 31), the effective conductivity can be approximated by  $\sigma = \varepsilon_0 n_{\text{sub}} c \alpha_{\text{eff}}$ . Here  $n_{\text{sub}} = 4.92$   
 366 is the refractive index of  $\text{TmFeO}_3$ , and  $\alpha_{\text{eff}} \approx 4000 \text{ m}^{-1}$  is the effective THz absorption coefficient  
 367 obtained from data of Ref. 31, taking into account the spectral shape of our THz pulse. We obtain

368 
$$W_{\text{abs}} = \frac{1}{2\pi} \varepsilon_0 n_{\text{sub}} c \alpha_{\text{eff}} \int_{-\infty}^{\infty} |\tilde{E}(\omega)|^2 d\omega, \quad (5)$$

369 which can be rewritten in the time domain (compare Eqs. (2) and (3)) as

370 
$$W_{\text{abs}} = \varepsilon_0 n_{\text{sub}} c \alpha_{\text{eff}} \int_{-\infty}^{\infty} E^2(t) dt. \quad (6)$$

371 The absorbed energy density in the rare-earth system for a near-field THz transient with a peak electric  
 372 field of  $7.8 \text{ MV cm}^{-1}$ , which exceeds the threshold for spin switching, is  $W_{\text{abs}} = 20 \text{ J cm}^{-3}$ .  $\text{TmFeO}_3$   
 373 crystallises in a distorted perovskite structure with a unit cell volume of  $V_{\text{uc}} = 2.22 \times 10^{-28} \text{ m}^3$  (lattice  
 374 constants,  $a = 525 \text{ pm}$ ,  $b = 557 \text{ pm}$ , and  $c = 758 \text{ pm}$ ) (see Ref. 32), which contains 4  $\text{Fe}^{3+}$  spins. Thus,  
 375 an upper bound for the absorbed energy in the rare-earth system per spin is given by  $W_{\text{spin}} = W_{\text{abs}} \times$   
 376  $\frac{V_{\text{uc}}}{4} = 7.15 \text{ meV}$ , which is on the order of the energy of one THz photon. The dissipation by the spin

377 system is even smaller: The energy required to overcome the potential barrier, separating two  
378 neighbouring potential minima (see Fig. 3b), normalized by the number of spins in the switched  
379 volume is less than 1  $\mu\text{eV}$ . This value can, thus, be regarded as an upper limit for the maximal energy  
380 dissipated by one spin upon switching.

381 **Estimate of the magnetisation deflection in the near-field volume.** In the case of unstructured bulk  
382  $\text{TmFeO}_3$ , the total polarisation rotation,  $\theta$ , results from approximately equal contributions across the  
383 entire sample thickness of 60  $\mu\text{m}$ . In order to calibrate the relation between  $\theta$  and the spin angle  $\phi$ , we  
384 enforce a full switching of the magnetisation (change of  $\phi$  by  $180^\circ$ ) by reversing the external static  
385 magnetic bias field. This scenario rotates the probe polarisation by 24 mrad. Thus, we conclude that a  
386 polarisation rotation of  $\theta = 0.5$  mrad, as induced by a THz amplitude of  $1.0 \text{ MV cm}^{-1}$  in the antenna-  
387 free sample, corresponds to a transient spin excursion of  $\Delta\phi = 3.5^\circ$ . Taking into account the quadratic  
388 dependence of  $\Delta\phi$  on the electric field amplitude<sup>26</sup>, we link the polarisation rotation to the THz peak  
389 electric field by  $\theta = \xi \times L \times \bar{E}_{\text{peak}}^2$ , where  $L$  is the crystal length,  $\xi = 472 \text{ mrad cm (MV)}^{-2}$  is the  
390 coupling constant, and  $\bar{E}_{\text{peak}} = 0.42 \text{ MV cm}^{-1}$  is the peak electric THz amplitude averaged over the  
391 length of the unstructured  $\text{TmFeO}_3$  sample. In the antenna-covered structure, the magneto-optical  
392 signal can be divided into two contributions: the antenna near-field region extending down to a depth  
393 of 13  $\mu\text{m}$  below the antenna (Extended Data Figure 8, red-shaded area), where electric fields strongly  
394 exceeding the far-field amplitude are encountered, and a bulk part (Extended Data Figure 8, blue-  
395 shaded area), where the electric field assumes an average value of  $0.3 \text{ MV cm}^{-1}$ . Accordingly, the  
396 polarisation rotation by the bulk part is  $\theta_b = \xi \times 47 \mu\text{m} \times (0.3 \text{ MV cm}^{-1})^2 = 0.2$  mrad, such that  
397 0.7 mrad of the total magneto-optical signal result from the near-field volume. This contribution  
398 corresponds to an average spin deflection angle of  $\Delta\phi = 24^\circ$ .

399 **Numerical calculation of antenna response.** The THz response of the entire structure, including the  
400 near-field of the custom-tailored antenna as well as the substrate, was obtained by solving Maxwell's  
401 equations using a finite-difference frequency-domain (FDFD) approach. The refractive index of  
402  $\text{TmFeO}_3$  is set to  $n_{\text{sub}} = 4.92$ , while the gold structure is implemented as a perfect metal. The THz near-  
403 field waveforms were subsequently calculated based on the measured far-field THz waveform,



404 employing the results of the FDFD calculations as a complex-valued transfer function. These near-  
 405 field waveforms enabled us to retrieve the local dynamics of the spin deflection angle,  $\phi$ , by time-  
 406 domain numerical integration as detailed below. The overall polarisation rotation was obtained by  
 407 integrating the local contributions along the entire probe volume, weighed by the intensity profile of  
 408 the probe beam. We used a diameter of 6  $\mu\text{m}$  (FWHM) in the direction parallel to the capacitor plates,  
 409 and 2  $\mu\text{m}$  (FWHM) in the orthogonal direction in order to account for diffraction effects near the  
 410 capacitive plates. While calibrating near-fields in excess of  $\sim 10 \text{ MV cm}^{-1}$  is challenging<sup>27,28</sup>, the total  
 411 polarisation rotation is robust against variations of the maximum near-fields occurring only in the  
 412 close vicinity of the capacitive plates, as confirmed by calculations. A grid resolution of  $(100 \text{ nm})^3$   
 413 was chosen for proper convergence.

414 **Calculation of spin dynamics.** We adapted the previously derived formalism for THz-induced spin  
 415 dynamics based on the generalized sine-Gordon equations for our high-field setting<sup>26</sup>. The vectorial  
 416 spin orientation can be mapped onto the angle  $\phi$  between the antiferromagnetic vector  $\mathbf{G}$  and the  $x$ -axis  
 417 (Fig. 3a). The magnetic potential  $W(\phi)$  of  $\text{TmFeO}_3$  is given by<sup>26</sup>

$$418 \quad W(\phi) = K_1 \sin^2 \phi + K_2 \sin^4 \phi - \frac{H_D}{H_E} M_{Fe} (B_{\text{ext}} \cos \alpha \cos \phi - B_{\text{ext}} \sin \alpha \sin \phi - B_{\text{THz}} \sin \phi),$$

419 (7)

420 where  $H_D = 2 \times 10^5 \text{ Oe}$  is the Dzyaloshinskii field,  $H_E = 2 \times 10^7 \text{ Oe}$  is the effective field of the  $d$ - $d$   
 421 exchange, and  $M_{Fe} = 1000 \text{ e.m.u. cm}^{-3}$  is the magnetisation of a single  $\text{Fe}^{3+}$  sublattice<sup>33</sup>. The parameter  
 422  $K_1 = 2K_2 \frac{T-T_2}{T_2-T_1}$  for  $T_1 < T < T_2$ , where  $K_2$  is a constant, sets the potential curvature by the frequency of  
 423 the quasi-ferromagnetic mode  $\omega_{\text{q-fm}}^2 = \frac{1}{2} \omega_E \omega_A \sin^2 \phi_0$  in the linear regime of spin dynamics. Here,  
 424  $\omega_E = \gamma H_E$ ,  $\omega_A = \gamma \frac{K_2}{M_{Fe}}$ ,  $\gamma$  is the gyromagnetic ratio,  $T$  is the spin lattice temperature, and  $T_1 = 80 \text{ K}$   
 425 and  $T_2 = 90 \text{ K}$  are the lower and upper temperature bounds of the  $\Gamma_{24}$  transition phase, respectively.  
 426 The thermal excitations of the crystal-field-split ground states determine the equilibrium angle of the  
 427 spin vector,  $\phi_0 = \arcsin \left( \frac{T-T_2}{T_2-T_1} \right)^{\frac{1}{2}}$  (see Ref. 26). For our numerical simulations, we calibrated the  
 428 effective magnetic potential  $W(\phi)$  by the experiment with bulk  $\text{TmFeO}_3$ , and we included an external

429 magnetic field along the  $z$ -axis ( $\alpha = 0$ ) of  $B_{\text{ext}} = 150$  mT compatible with the experimentally  
 430 determined value. As we are operating in the high-field regime, where the THz-induced nonlinear  
 431 anisotropy torque dominates<sup>26</sup>, we neglect the magnetic THz spin interaction with the THz magnetic  
 432 field,  $B_{\text{THz}}$ , which is oriented along the crystallographic  $x$ -axis.

433 The equation of motion accounting for a THz-induced change of the magnetic potential energy reads

$$\ddot{\phi} - C^2 \nabla^2 \phi = -\gamma_D \dot{\phi} + \omega_E \omega_A \cos(\phi) \sin(\phi) \times (\eta + \sin^2(\phi)) +$$

$$434 \quad \kappa \cos(\phi) \sin(\phi) \varepsilon_0 n_{\text{sub}} c \alpha_{\text{eff}} E_{\text{THz}}^2 - \frac{H_D}{H_E} \gamma w_E B_{\text{ext}} \sin \phi. \quad (8)$$

435 Here,  $\gamma_D$  is the damping. The excitation by the crystal field transitions is modelled by both an  
 436 impulsive and a displacive mechanism, accounting for an increase of the angular velocity,  $\dot{\phi}$ , and a  
 437 shift of the equilibrium spin angle,  $\phi_0$ , respectively, in conceptual analogy to Ref. 34. The impulsive  
 438 excitation is implemented by the term proportional to the constant  $\kappa$ , coupling the spin dynamics to  
 439 the instantaneous THz power density  $\varepsilon_0 n_{\text{sub}} c \alpha_{\text{eff}} E_{\text{THz}}^2$ . To account for the displacive term, we  
 440 implement a strong THz-induced excitation of the crystal field transitions, leading to an increase of the  
 441 population density  $\Delta\rho(t)$  of the excited states of the  $\text{Tm}^{3+}$  ions. In our model, this is described by the  
 442 excitation parameter  $\eta = \frac{(\rho(T) + \Delta\rho(t)) - \rho_2}{\rho_2 - \rho_1}$ , where  $\rho(T)$ ,  $\rho_1$ , and  $\rho_2$  are the equilibrium population  
 443 densities of the crystal-field split states at the temperature  $T$ ,  $T_1$ , and  $T_2$ , respectively. The THz-induced  
 444 change of the population density leads to an abrupt change of the magnetic potential,  $W(\phi)$ , of the iron  
 445 spins, resulting in a displacive anisotropy torque. Quantitatively, we calculate  
 446  $\Delta\rho(t) = \Gamma \int_{-\infty}^t \frac{\varepsilon_0 n_{\text{sub}} c \alpha_{\text{eff}}}{\hbar \omega_{\text{CFT}}} E_{\text{THz}}^2(t') dt'$ , where  $\Gamma$  is a coupling parameter,  $\hbar$  is Planck's constant, and  
 447  $\omega_{\text{CFT}}$  is the resonance frequency of the electric dipole active  $\text{Tm}^{3+}$  ground state transition<sup>35</sup>. The term  
 448  $C^2 \nabla^2 \phi$  accounts for the interaction between different magnetic domains of the sample, where  $C$  is the  
 449 spin wave velocity that sets the maximal speed of a domain boundary. In the orthoferrites,  $C = 2 \times 10^6$   
 450  $\text{cm s}^{-1}$  (see Ref. 36, 37). One can see that, on the  $\sim 1$  ps timescale of our experiment, the regions of the  
 451 sample exposed to the THz fields of different strengths can be assumed to be practically non-  
 452 interacting as the magnetic excitations travel a distance of 10 nm during this time. This distance is also

453 much smaller than the characteristic spatial scale of the THz near-field of  $>1 \mu\text{m}$ . We therefore  
454 neglected the term  $C^2 \nabla^2 \phi$  in our numerical simulations.

455 The local dynamics of the spin deflection angle,  $\phi$ , are calculated by solving equation (8) separately  
456 for each near-field cell using the corresponding THz near-field transient (see Supplementary Video 1).  
457 As confirmed by polarimetry, the THz-induced change of the magnetisation leads to a rotation of the  
458 near-infrared probe polarisation. A switch-off analysis shows that the Faraday rotation is almost  
459 exclusively caused by the ferromagnetic component of the magnetisation, while the dynamics of the  
460 antiferromagnetic response plays a minor role. Thus, the microscopic Faraday rotation is obtained by  
461 projecting the ferromagnetic vector,  $\mathbf{F}(\phi)$ , of each cell onto the wave vector of the near-infrared probe  
462 beam,  $\mathbf{k}_{\text{NIR}}$ . Integration of these contributions along the optical axis allows us to quantitatively  
463 reproduce the experimentally detected polarisation rotation,  $\theta$ , (see Fig. 3c). In the non-perturbative re-  
464 gime, the actual spin trajectory depends sensitively on the exact location within the near-field region  
465 of the antenna. Yet the total magneto-optical response integrated over the entire near-field volume is  
466 fairly robust against minor field fluctuations. For our measurement with a far-field THz peak  
467 amplitude of  $E_{\text{THz}} = 0.4 \text{ MV cm}^{-1}$ , we obtain the best agreement (Fig. 3c, blue curve) using the  
468 experimentally determined spin dephasing rate  $\gamma_{\text{D}} = 45 \text{ GHz}$ , as well as the following values:  $\omega_{\text{q-fm}} /$   
469  $2\pi = 88.7 \text{ GHz}$ ,  $\kappa = 3.58 \times 10^8 \text{ m}^2 \text{ W s}^{-2}$ , and  $\Gamma = 2.09 \times 10^{-10} \text{ m}^3 \text{ s}$ . For a THz peak amplitude of  $E_{\text{THz}} =$   
470  $1.0 \text{ MV cm}^{-1}$  (Fig. 3c, red curve), we slightly adjust some of the parameters to  $\omega_{\text{q-fm}} / 2\pi = 90.0 \text{ GHz}$ ,  
471  $\kappa = 1.02 \times 10^8 \text{ m}^2 \text{ W s}^{-2}$ , and  $\Gamma = 1.01 \times 10^{-10} \text{ m}^3 \text{ s}$ . Magnon-magnon scattering can effectively be  
472 accounted for by introducing a momentum dependent damping in the spin system. Extended Data  
473 Figure 9 shows the results of a switch-off analysis considering three scenarios including the full  
474 calculation (solid lines), only the dispersive (dashed lines), and only the impulsive contribution  
475 (dashed-dotted lines). Whereas for a field amplitude of  $E_{\text{THz}} = 0.4 \text{ MV cm}^{-1}$ , the sum of dispersive and  
476 impulsive contributions approximates the full calculation, the strong-field dynamics at  $E_{\text{THz}} = 1.0 \text{ MV}$   
477  $\text{cm}^{-1}$  are only rendered correctly by the full calculation. In all cases, a purely dispersive effect yields an  
478 exclusively positive magneto-optical signal and a non-zero signal offset, while the impulsive  
479 component is responsible for the strong oscillatory component.

480

## 481 **Methods References**

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496

497 **Data Availability.** The data supporting the findings of this study are available from the corresponding  
498 authors upon request.

499

## 500 **Supplementary Information**

501 **Supplementary Video 1 | Visualisation of calculated local spin dynamics in the antenna near-**  
502 **field.** Top panel, measured (grey curve) and calculated (red curve) polarisation rotation signal for  
503  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$  (Fig. 3c, red curve). Lower set of panels, *y-z*-, *x-y*- and *x-z*-projections of the  
504 calculated spin dynamics in the antenna near-field as a function of the delay time, *t*.

505 **Extended Data Figure 1 | Experimental setup.** **a**, Microscope image of the gold bowtie antenna with a  
506 resonance frequency of 0.65 THz and a feed gap of 3.5  $\mu\text{m}$ , structured onto the  $\text{TmFeO}_3$  sample. **b**, Ti:sapphire  
507 amplifier, centre wavelength, 807 nm; pulse energy, 5.5 mJ; pulse duration, 33 fs; repetition rate, 3 kHz. The  
508 grating (G), imprints a pulse front tilt onto the near-infrared beam. Two cylindrical lenses image and focus the  
509 laser light into a cryogenically cooled lithium niobate crystal ( $\text{LiNbO}_3$ ). WG, pair of wire grid polarisers  
510 controlling the intensity and the polarisation state of the generated THz pulses. ITO, indium tin oxide coated  
511 calcium fluoride window. The THz-induced polarisation changes are decoded with the help of a half-wave plate  
512 ( $\lambda/2$ ), a Wollaston polariser (WP) and a pair of photodiodes and subsequently detected with a lock-in amplifier.  
513 DL, mechanical delay line.  $E_{\text{NIR}}$ , near-infrared probe pulse polarisation.  $E_{\text{THz}}$ , THz polarisation. The inset depicts  
514 the orientation of the static magnetic field,  $\mathbf{B}_{\text{ext}}$ , as a function of the angle  $\alpha$  relative to the orientation  $\mathbf{B}_{\text{ext},0}$  used  
515 for the measurements in the first part of the manuscript. **c**, Electro-optically detected THz field,  $E_{\text{THz}}$ , generated  
516 by tilted-pulse front optical rectification. **d**, Corresponding spectral amplitude of the THz transient shown in **c**.  
517 The blue arrows indicate the frequencies of the  $\text{Tm}^{3+}$  ground state transitions relevant for our experiment.

518

519 **Extended Data Figure 2 | Scaling of the residual offset for large delay times.** Polarisation rotation signal at a  
520 delay time of  $t = 950$  ps as a function of the THz electric peak field,  $E_{\text{THz}}$ . The data are extracted from time-  
521 resolved measurements in the feed gap of an antenna structurally similar to the one discussed in the main text  
522 with a feed gap of 3.5  $\mu\text{m}$  and a broad resonance around 0.65 THz, optimized to the  $\text{Tm}^{3+}$  ground state  
523 transitions. Lattice temperature  $T = 81$  K. In the spin switching regime  $E_{\text{THz}} > 0.65$  MV  $\text{cm}^{-1}$  the slope of the  
524 polarisation rotation signal is significantly increased. Error bars, standard deviation of  $\theta$  for the integration time  
525 of 1 s. Dashed lines, guides to the eye.

526

527 **Extended Data Figure 3 | Qualitative simulation of the beating signature.** **a**, Polarisation rotation calculated  
528 by superimposing the responses shown in Fig. 3b, that is, spins oscillating in the equilibrium potential minimum  
529 at  $\phi_0$  (relative weight, 0.8) and spins driven into the neighbouring local minimum at  $\phi_1$  (relative weight, 0.2).  
530 **b**, Amplitude spectra of the time-domain data shown in **a**.

531

532

533 **Extended Data Figure 4 | Temperature dependence of spin dynamics.** **a**, Transient polarisation rotation  
534 probed in the centre of the feed gap of the antenna discussed in Fig. 4, for a THz far-field amplitude  
535  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$  and different lattice temperatures,  $T$ , between 82.0 K and 84.0 K. **b**, Corresponding  
536 amplitude spectra of the data shown in **a**.

537

538 **Extended Data Figure 5 | Faraday signal for spin dynamics in different magnetic potentials.** **a**, Magnetic  
539 potential (red curve) for a lattice temperature,  $T = 82.5 \text{ K}$ , and an angle of  $\mathbf{B}_{\text{ext}}$ ,  $\alpha = 60^\circ$ , as shown in Fig. 4c.  
540 Violet (grey) sphere, initial (switched) spin state. Insets: projection (grey dotted horizontal lines) of the  
541 magnetization  $\mathbf{F}(\phi)$  (arrows) onto the near-infrared wave vector,  $\mathbf{k}_{\text{NIR},z}$  (light blue arrow), for different angles  $\phi$ .  
542 For  $\phi < \phi_0$ , the projection drops below its initial value and becomes negative for  $\phi < -90^\circ$ , causing a negative  
543 transient Faraday signal (Fig. 4e). For  $\phi_0 < \phi < \phi_1$ ,  $\mathbf{k}_{\text{NIR}} \cdot \mathbf{F}(\phi) > \mathbf{k}_{\text{NIR}} \cdot \mathbf{F}(\phi_0)$ , resulting in the positive initial half-  
544 cycle of the Faraday rotation signal (Fig. 4e). **b**, Magnetic potential for  $\alpha = 95^\circ$  (dark red curve) as shown in  
545 Fig. 4d. For  $\phi < \phi_0$ , the initial spin deflection leads to  $\mathbf{k}_{\text{NIR}} \cdot \mathbf{F}(\phi) < \mathbf{k}_{\text{NIR}} \cdot \mathbf{F}(\phi_0)$ , causing a negative onset of the first  
546 oscillation period (Fig. 4e, bottom curve).

547

548 **Extended Data Figure 6 | Field dependence of spin dynamics for  $\alpha = 60^\circ$ .** **a**, Polarisation rotation signal as a  
549 function of the delay time,  $t$ , for different THz fields,  $E_{\text{THz}}$ , between 0.42 and 1.0  $\text{MV cm}^{-1}$ , probed in the centre  
550 of the feed gap of the antenna discussed in Fig. 4. The transient negative Faraday signal (dashed-dotted curves)  
551 builds up for  $E_{\text{THz}} \geq 0.87 \text{ MV cm}^{-1}$ . **b**, Corresponding amplitude spectra of the data shown in **a**.

552

553 **Extended Data Figure 7 | Electric field enhancement in the near-field of a THz nanoantenna.** Enhancement  
554 factor  $E_{\text{NF}}/E_{\text{THz}}$  of the near-field peak amplitude  $E_{\text{NF}}$  compared to the THz electric far-field  $E_{\text{THz}}$  calculated by  
555 finite-difference simulations for a real THz waveform in the near-field of an antenna structure with a feed gap of  
556 10 nm. Assuming a switching threshold of  $\sim 10 \text{ MV cm}^{-1}$  a far-field amplitude of only 1  $\text{kV cm}^{-1}$  is sufficient to  
557 drive coherent spin switching by  $90^\circ$  in the centre of the antenna structure.

558

559 **Extended Data Figure 8 | Calculated electric near-field characteristics of antenna.** Near-field amplitude  $E_{\text{NF}}$   
560 as a function of depth  $z$  in the center of the antenna feed gap, for a THz far-field amplitude of  $E_{\text{THz}} = 0.4 \text{ MV cm}^{-1}$   
561  $\text{cm}^{-1}$  (red curve). The electric field distribution expected in the unstructured substrate, for  $E_{\text{THz}} = 1.0 \text{ MV cm}^{-1}$  is  
562 shown for comparison (black line). The near-field region of the antenna, where the electric field exceeds the  
563 value of the bulk structure, is indicated by the red-shaded area.

564

565 **Extended Data Figure 9 | Simulated magneto-optical response for different driving forces.** Calculated  
566 polarisation rotation signals expected from the antenna structures for a THz far-field amplitude of  $0.4 \text{ MV cm}^{-1}$   
567 (blue curves) and  $1.0 \text{ MV cm}^{-1}$  (red curves). Calculations including only the displacive (dashed lines) or  
568 impulsive (dashed-dotted lines) anisotropy torque do not fit the experimental data. For the switch-off analysis,  
569 the parameters  $\Gamma$  for the displacive and  $\kappa$  for the impulsive torque of the full calculation (solid lines) are used.  
570 The curves are offset and normalized to the experimental peak value.