Can I move large directories between simfs containers quickly by doing the move across the private directories in the host? I tried it by using /var/lib/vz/private and also /vz/private and it was slow, as if it were copying the files.

I want to upgrade the OS of a large simfs container that I use for backup. So I thought I would create a new container with the new guest OS, and then move the directories I need from the old container to the new container.

After some more testing I will answer my own question:

Moving files/directories from one container to another, using the HN private directories, is fast and it keeps the same inodes, if both containers are stopped. It is essentially a move within the same filesystem.

If either container is running, the move is slow and it does not keep the same inodes. It seems to be copying the files, just like a mv across different filesystems.

Yes, you would have to stop the container to "move" it. Ploop images make migrating/copying an entire container much faster but without snapshotting or stopping the container you are risking corruption.