The anchor element, also known as the "link" element, is a fundamental HTML element that allows you to create hyperlinks on web pages. When a user clicks on an anchor element, they are redirected to a new web page or a specific section of the same page.

The basic syntax of the anchor element looks like this:

```html
<a href="URL">Link text</a>
```

Here, "href" is an attribute that specifies the URL or destination of the link, and "Link text" is the text that appears as the link on the web page.

There are several other attributes you can use with the anchor element to enhance its functionality and appearance. Some of the most commonly used attributes are:

target: This attribute specifies where the linked document will open. Possible values are _self (default, opens in the same window/tab), _blank (opens in a new window/tab), _parent (opens in the parent frame), and _top (opens in the top-level browsing context).

title: This attribute adds a tooltip to the link that appears when the user hovers over it. The tooltip can provide additional information about the link or its destination.

rel: This attribute specifies the relationship between the current document and the linked document. Possible values are noopener (prevents the linked page from controlling the current page), noreferrer (prevents the browser from sending a referrer header to the linked page), and nofollow (tells search engines not to follow the link for ranking purposes).

download: This attribute specifies that the linked document should be downloaded instead of displayed in the browser when clicked. The value of the attribute is the suggested filename for the downloaded file.

Here's an example that uses several of these attributes:

```html
<a href="https://example.com" target="_blank" title="Go to Example.com" rel="noopener noreferrer">Visit Example.com</a>
```

This anchor element opens "https://example.com" in a new tab/window when clicked, displays a tooltip with the text "Go to Example.com" when hovered over, and includes the noopener and noreferrer attributes to enhance security.

Intra navigation, also known as internal linking, is the practice of linking to other pages or sections within the same website. This can be accomplished using the anchor element in HTML.

To create a link to a specific section within the same page, you can use the id attribute to identify the section, and then use the href attribute to link to it. Here's an example:

```html
<h2 id="section1">Section 1</h2>
<p>Some content here</p>

<h2 id="section2">Section 2</h2>
<p>Some more content here</p>

<a href="#section1">Go to Section 1</a>
<a href="#section2">Go to Section 2</a>
```

In this example, we have two sections on the same page, each identified by an id attribute. We then create two anchor elements that link to these sections using the href attribute and the corresponding id values.

When the user clicks on one of these links, the browser will scroll to the specified section on the same page. This can be useful for creating a table of contents or navigating between different sections of a long article or web page.

Inter navigation, also known as external linking, is the practice of linking to pages or websites outside of your own website.
This can be accomplished using the anchor element in HTML.

To create a link to an external website, you can use the href attribute to specify the URL of the website. Here's an example:

```html
<a href="https://www.example.com">Visit Example.com</a>
```

In this example, we create an anchor element that links to "https://www.example.com". When the user clicks on this link, they will be taken to the specified website in a new tab or window (depending on the value of the target attribute).

It's important to note that when linking to external websites, you should use the rel="noopener noreferrer" attribute to enhance security. This attribute prevents the external website from being able to control the linking page, which can help prevent phishing attacks and other security risks.

Here's an example of an external link with the rel attribute:

```
<a href="https://www.example.com" target="_blank" rel="noopener noreferrer">Visit Example.com</a>
```

In this example, we've also used the target="_blank" attribute to open the link in a new tab or window.