The Monk and The Mountain

One morning, exactly at sunrise, a Buddhist monk began to climb a tall mountain. The monk ascended the path at varying speeds, stopping many times along the way to rest and to eat. He reached the temple shortly before sunset.

The next day, exactly at sunrise, he began his journey back down the mountain along the same path. His speed on the way down was, of course, faster than his speed on the way up.

Did the monk ever occupy the same spot at precisely the same time of day on both trips? Prove it.

