

The Monk Problem - Stated

There was a monk who make a trip up the mountain to a monastery. He started on his journey early in the morning and didn't arrive at the monastery until late that afternoon. He would sometimes walk slowly and sometimes fast. Also, he stopped for lunch along the way. Finally he arrived at the monastery late that afternoon.

He spent a couple of days at the monastery in meditation and prayer, and then he made his way back down the mountain.

Let's assume on both days he started at exactly the same time in the morning and arrived at his destination at exactly the same time in the afternoon. Also, assume that he followed the same path both up the mountain and back down. Can you prove that he was at the same point along the trail at exactly the same time on both days?