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**Salvatore Benintende**
Professional Hiking Guide – **Nature of Sal**
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Offers a series of tours immersed in Nature,
With a **30% discount** reserved to FAO Staff Coop members,
Via dedicated discount code to be entered in the chart
At the time of booking.

## HOW TO BENEFIT FROM THIS PROMOTION?

- CONTACT FAO STAFF COOP: **0657053142** / fao-staff-coop@fao.org
- REQUEST YOUR PERSONALIZED **DISCOUNT CODE**
- CHOOSE YOUR TOUR ON **www.natureofsal.com/calendar/**
- **ENTER YOUR DISCOUNT CODE** AT THE CHECKOUT BEFORE PAYING
- (under the heading Add promo discount code)

## ON THE NEXT PAGES YOU WILL FIND THE DETAILED SCHEDULE OF THE OCTOBER TOURS, WITH ALL USEFUL INFORMATION.

**FOR MORE DETAILS:**

**(+39) 351 70 60 636** **info@natureofsal.com**
Circonvallazione Casilina 34, Rome **natureofsal.com**

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who responds directly to clients.

# Wild Tiber: A hike through the stunning Nazzano Tevere-Farfa Reserve

SMALL-GROUP PREMIUM HIKE

**POGGIO MIRTETO (RI)**

| SATURDAY · OCTOBER 3 9:15 AM | 4H 30MIN | 15 KM / 9.3 MI | UP TO 120 M | EASY TO MEDIUM |
|---|---|---|---|---|
| *Event date* | *Duration* | *Distance* | *Elevation* | *Difficulty* |

✳ *Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.*

Join us for an unforgettable hiking adventure at the Riserva naturale di Nazzano, Tevere-Farfa! This stunning natural reserve is located just a short distance from Rome, and offers breathtaking views of the natural and pristine Tiber before it enters Rome. During the hike, you'll have the opportunity to discover the reserve's lush vegetation, charming views, and enchanting paths.

**Accessible by public transport from Rome**

## ✓ WHAT'S INCLUDED

- Guided hiking experience
- Expert local nature knowledge
- Route planning and safety briefing

## ✗ WHAT'S NOT INCLUDED

- Transport
- Food & drinks
- Entrance fees

## CHECK-IN & MEETING POINT

Poggio Mirteto (RI)

**WHAT TO BRING** Obligatory: hiking shoes, 1.5 L water, weather-appropriate clothing, backpack, packed lunch. Recommended: raincoat, sunscreen, hat, trail snacks. Optional: hiking poles, electrolytes, sunglasses.

**MEET YOUR GUIDE** **Sal**

AIGAE-certified hiking guide and founder of Nature of Sal. After a software career in Germany, he traded the office for Italy's trails and now leads heritage and nature hikes across Lazio, Abruzzo and Sicily.

More info · **www.natureofsal.com/calendar**

*Limited spots available. Terms & conditions apply.*

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# Wild Lazio Experience – True Wilderness North of Rome

SMALL-GROUP PREMIUM HIKE

**POGGIO PERUGINO (RI)**

| SUNDAY · OCTOBER 11 9:00 AM | 4H 30MIN | 10.5 KM / 6.5 MI | UP TO 530 M | MEDIUM TO DIFFICULT |
|---|---|---|---|---|
| *Event date* | *Duration* | *Distance* | *Elevation* | *Difficulty* |

✳ *Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.*

On our way around Poggio Perugino we'll get the chance to enjoy beautiful views, invigorating (beech and maple forests) – an area that is particularily beautiful and fascinating.

**Requires a car — we facilitate carpooling**

## ✓ WHAT'S INCLUDED

- Guided hiking experience
- Expert local nature knowledge
- Route planning and safety briefing

## ✗ WHAT'S NOT INCLUDED

- Transport
- Food & drinks
- Entrance fees

## CHECK-IN & MEETING POINT

Poggio Perugino (RI)

**WHAT TO BRING** Obligatory: hiking boots, 1.5 L water, weather-appropriate clothing, backpack, packed lunch. Recommended: raincoat, sunscreen, hat, trail snacks. Optional: hiking poles, electrolytes, sunglasses.

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# In Goethe's Footsteps: Hiking through Spoleto's Scenic Trails

SMALL-GROUP PREMIUM HIKE

SPOLETO (PG)

| SATURDAY · OCT 17 9:15 AM | 4H 30MIN | 12 KM / 7.5 MI | UP TO 500 M | MEDIUM |
|---|---|---|---|---|
| *Event date* | *Duration* | *Distance* | *Elevation* | *Difficulty* |

✳ *Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.*

Step into a world of natural beauty, artistic inspiration, and spiritual tranquility as you retrace the footsteps of Johann Wolfgang von Goethe during his visit to Spoleto, a picturesque town in central Italy. This hike is more than just a journey through lush landscapes and scenic trails—it’s an opportunity to experience the sacred woods that inspired countless reflections and meditations.

**Accessible by public transport from Rome**

## ✓ WHAT'S INCLUDED

- Guided hiking experience
- Expert local nature knowledge
- Route planning and safety briefing

## ✗ WHAT'S NOT INCLUDED

- Transport
- Food & drinks
- Entrance fees

## CHECK-IN & MEETING POINT

Spoleto (PG)

**WHAT TO BRING** Obligatory: hiking boots, 1.5 L water, weather-appropriate clothing, backpack, packed lunch. Recommended: raincoat, sunscreen, hat, trail snacks. Optional: hiking poles, electrolytes, sunglasses.

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More info · **www.natureofsal.com/calendar**

*Limited spots available. Terms & conditions apply.*

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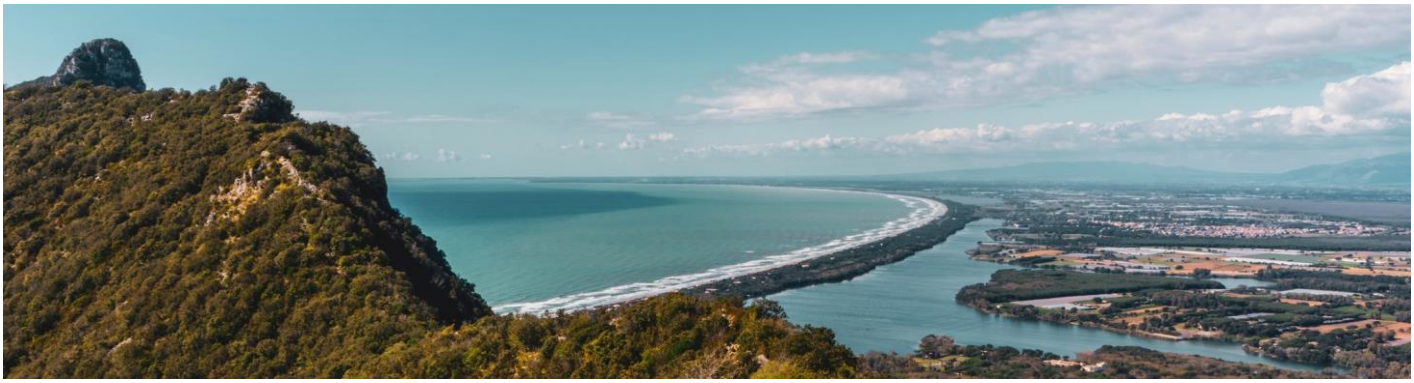

# Circeo Experience

SMALL-GROUP PREMIUM HIKE

**SAN FELICE CIRCEO (LT)**

| SUNDAY · OCTOBER 18 9:00 AM | 6 HOURS | 8 KM / 5.0 MI | UP TO 280 M | MEDIUM TO DIFFICULT |
|---|---|---|---|---|
| *Event date* | *Duration* | *Distance* | *Elevation* | *Difficulty* |

*✳ Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.*

This hike is for adventurers that enjoy a thrilling hike with great views in Lazio, we'll go on a journey to discover the incredible and beautiful Monte Circeo. Don't be fooled by the seemingly low height of this mount, it is as challenging as any mountain, with diverse, rocky terrain (limestone). For experienced hikers only.

**Requires a car — we facilitate carpooling**

## ✓ WHAT'S INCLUDED

- Guided hiking experience
- Expert local nature knowledge
- Route planning and safety briefing

## ✗ WHAT'S NOT INCLUDED

- Transport
- Food & drinks
- Entrance fees

## CHECK-IN & MEETING POINT

San Felice Circeo (LT)

**WHAT TO BRING** Obligatory: hiking boots, 1.5 L water, weather-appropriate clothing, backpack, packed lunch. Recommended: raincoat, sunscreen, hat, trail snacks. Optional: hiking poles, electrolytes, sunglasses.

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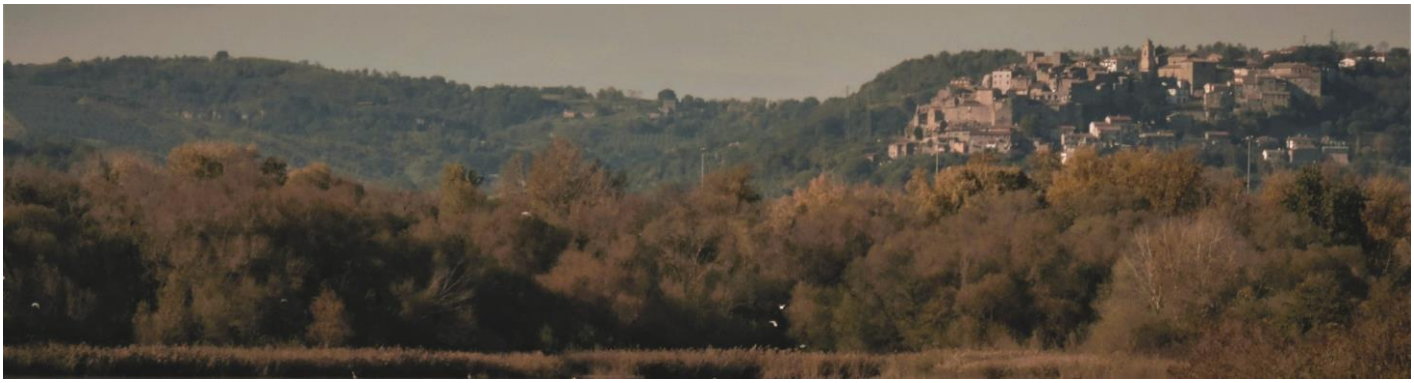

# Lake Alviano WWF Oasis: Herons, Spoonbills & the Wild Tiber

SMALL-GROUP PREMIUM HIKE

**ALVIANO (TR) – TRAIN STATION**

| SATURDAY · OCTOBER 24 10:15 AM | 6 HOURS *Duration* | 14 KM / 8.7 MI *Distance* | FLAT *Elevation* | EASY *Difficulty* |
|---|---|---|---|---|

*✳ Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.*

NEW LAST-MINUTE DATE · Walk into a WWF Oasis on the Umbria–Lazio border: central Italy's largest riparian forest of giant poplars, alders and willows, the wild Tiber, and bird hides overlooking herons, spoonbills, ibises, ducks and swans. We finish along the embankment that crosses the lake, with water on both sides. Flat but 14 km. Oasis ticket (approx. €4–6) paid on site; no dogs.

**Accessible by public transport from Rome**

## ✓ WHAT'S INCLUDED

- Guided hiking experience
- Expert local nature knowledge
- Route planning and safety briefing

## ✗ WHAT'S NOT INCLUDED

- Transport
- Food & drinks
- Entrance fees

## CHECK-IN & MEETING POINT

Alviano (TR) – Train Station

**WHAT TO BRING** Obligatory: hiking shoes, 1.5 L water, weather-appropriate clothing, backpack, packed lunch. Recommended: raincoat, sunscreen, hat, trail snacks. Optional: hiking poles, electrolytes, sunglasses.

**MEET YOUR GUIDE** **Alessandro**

Half-Italian, half-Swiss certified hiking guide since 2010, with years of experience at WWF and in environmental protection. Expert on the flora, fauna and birdlife of Lazio and Central Italy.

# Mt. Autore Experience

SMALL-GROUP PREMIUM HIKE

LIVATA (RM)

| SUNDAY · OCTOBER 25 9:00 AM | 3H 30MIN | 9 KM / 5.6 MI | UP TO 290 M | MEDIUM |
|---|---|---|---|---|
| *Event date* | *Duration* | *Distance* | *Elevation* | *Difficulty* |

*✳ Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.*

Experience the wild side of Lazio, less than 1.5 hours outside of Rome. We'll make our way up Mt. Autore after crossing a beautiful beech forest, where we'll enjoy the stunning surroundings in the morning hours, set amid beautiful autumn colors, panoramic views and nature.

**Requires a car — we facilitate carpooling**

## ✓ WHAT'S INCLUDED

- Guided hiking experience
- Expert local nature knowledge
- Route planning and safety briefing

## ✗ WHAT'S NOT INCLUDED

- Transport
- Food & drinks
- Entrance fees

## CHECK-IN & MEETING POINT

Livata (RM)

**WHAT TO BRING** Obligatory: hiking boots, 1.5 L water, weather-appropriate clothing, backpack, packed lunch. Recommended: raincoat, sunscreen, hat, trail snacks. Optional: hiking poles, electrolytes, sunglasses.

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# The Ghost Town of Antica Monterano

SMALL-GROUP PREMIUM HIKE

MANZIANA (RM)

| SATURDAY · OCT 31 10:15 AM | 6 HOURS | 13 KM / 8.1 MI | UP TO 360 M | MEDIUM |
|---|---|---|---|---|
| *Event date* | *Duration* | *Distance* | *Elevation* | *Difficulty* |

*✳ Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.*

Step into the past and connect with nature on this unforgettable hike! Starting from the charming Piazza Tommaso Tittoni, we'll embark on a journey that will lead us to the mysterious ghost town of Antica Monterano, nestled amidst spectacular natural wonders. A perfect blend of adventure, natural beauty, and historical discovery.

**Accessible by public transport from Rome**

## ✓ WHAT'S INCLUDED

- Guided hiking experience
- Expert local nature knowledge
- Route planning and safety briefing

## ✗ WHAT'S NOT INCLUDED

- Transport
- Food & drinks
- Entrance fees

## CHECK-IN & MEETING POINT

Manziana (RM)

**WHAT TO BRING** Obligatory: hiking boots, 1.5 L water, weather-appropriate clothing, backpack, packed lunch. Recommended: raincoat, sunscreen, hat, trail snacks. Optional: hiking poles, electrolytes, sunglasses.

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