

IN COLLABORATION WITH



Salvatore Benintende

Professional Hiking Guide – **Nature of Sal**
National Geographic Day Tour Guide

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 Event date	 4H 30MIN Duration	 15 KM / 9.3 MI Distance	 UP TO 120 M Elevation	 EASY TO MEDIUM Difficulty
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* 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.



Wild Lazio Experience – True Wilderness North of Rome

POGGIO PERUGINO (RI)

SMALL-GROUP
PREMIUM HIKE

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



MEET YOUR GUIDE **Sal**

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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

Event date



4H

30MIN

Duration



12 KM / 7.5 MI

Distance



UP TO 500 M

Elevation



MEDIUM

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.



MEET YOUR GUIDE **Sal**

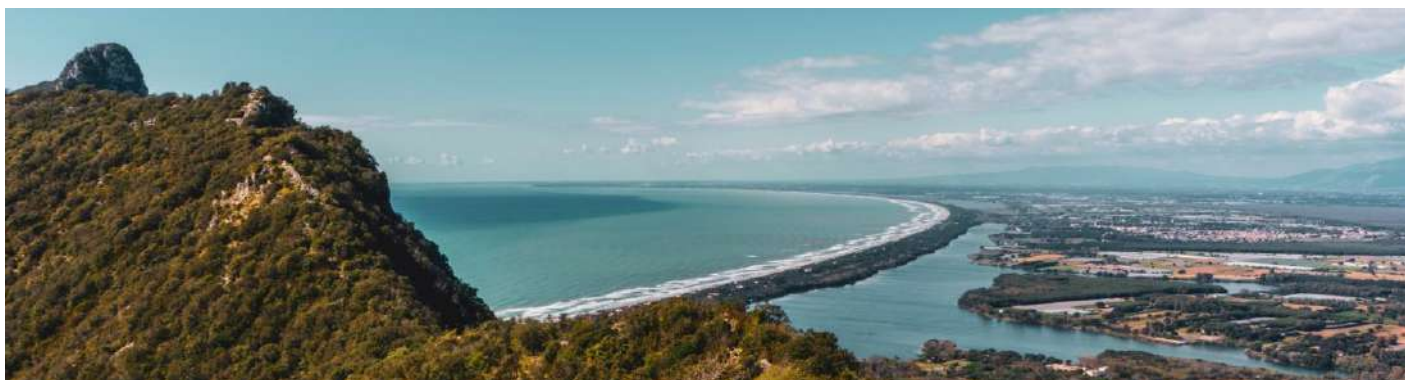
AIgAE-certified hiking guide and founder of Nature of Sal. After a software career in Germany, he traded the office for Italy's trails and now leads heritage and nature hikes across Lazio, Abruzzo and Sicily.

More info · www.natureofsal.com/calendar

Limited spots available. Terms & conditions apply.



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Circeo Experience

SMALL-GROUP
PREMIUM HIKE

SAN FELICE CIRCEO (LT)



SUNDAY · OCTOBER 18

9:00 AM

Event date



6

HOURS

Duration



8 KM / 5.0 MI

Distance



UP TO 280 M

Elevation



MEDIUM TO

DIFFICULT

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

X 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.



MEET YOUR GUIDE Sal

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More info · www.natureofsal.com/calendar

Limited spots available. Terms & conditions apply.

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Members

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Mt. Autore Experience

SMALL-GROUP
PREMIUM HIKE

LIVATA (RM)

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

X 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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Limited spots available. Terms & conditions apply.



The Ghost Town of Antica Monterano

SMALL-GROUP
PREMIUM HIKE

MANZIANA (RM)



SATURDAY · OCT 31

10:15 AM

Event date



6

HOURS

Duration



13 KM / 8.1 MI

Distance



UP TO 360 M

Elevation



MEDIUM

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

X 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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