



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?

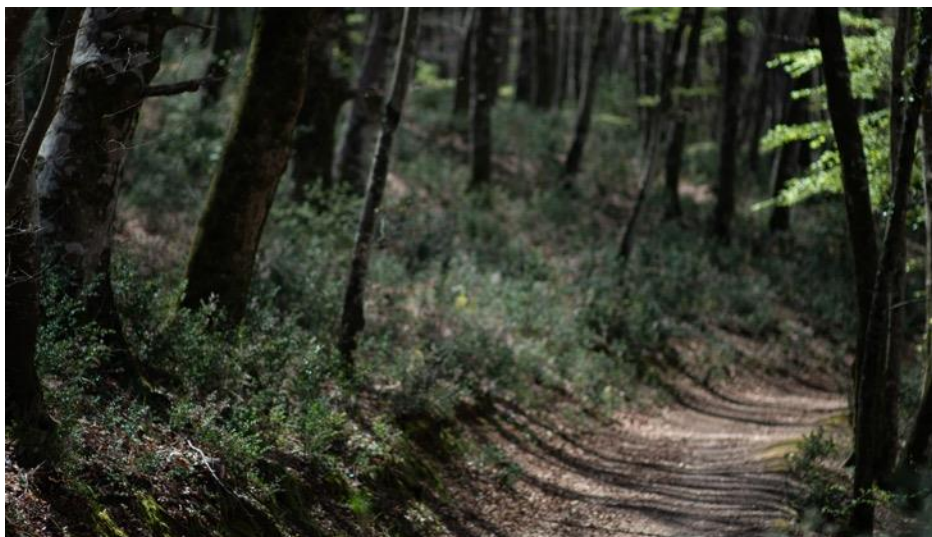
- CONTACT FAO Staff Coop: **0657053142** / fao-staff-coop@fao.org
- REQUEST YOUR PERSONALIZED **DISCOUNT CODE**
- CHOOSE YOUR TOUR ON www.natureofsal.com/calendar/
- **ENTER YOUR DISCOUNT CODE** AT THE CHECKOUT BEFORE PAYING
- (under the heading **Add promo discount code**)

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

FOR MORE DETAILS:

(+39) 351 70 60 636 info@natureofsal.com

Circonvallazione Casilina 34, Rome natureofsal.com



A Unique UNESCO Forest

Explore a rare primeval beech forest in Oriolo



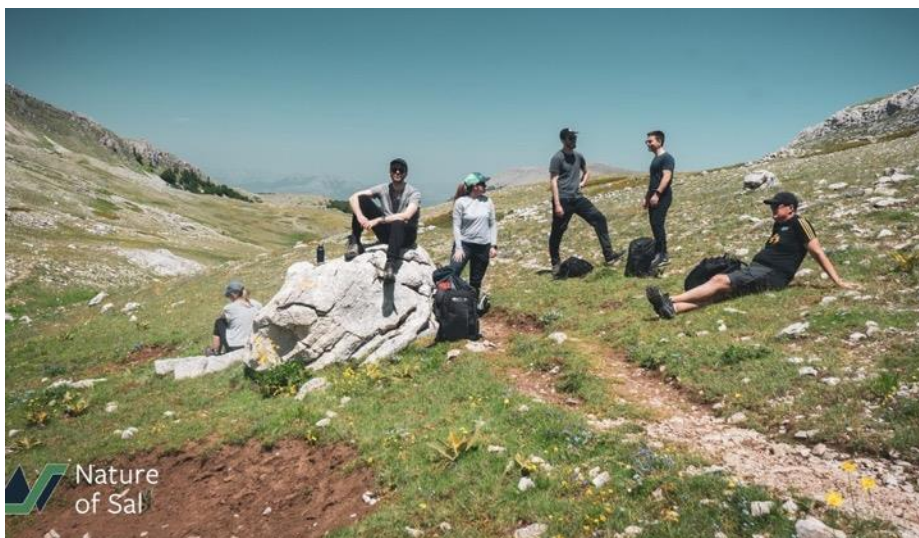
Saturday, September 6, 10.30am

"Immerse yourself in a unique experience combining mindful hiking and yoga in a stunning natural setting. Guided by an expert hiking leader, and a certified yoga instructor, this event blends movement, breathwork, and relaxation to harmonize body and mind. Your guide: Sal.

Suited for beginners. Accessible by train 🇮🇹 from Rome.

For more info: www.natureofsal.com/calendar

Limited spots available. Accessible by train. Terms and conditions apply.



Wild Abruzzo Hike above 2000m / 6560ft A remote adventure



Sunday, September 7, 9am

WILD ABRUZZO EXPERIENCE: Join us for a hike surrounded by wilderness, as we start to explore a beech forest, make our way past a valley, to end up above 2000 m / 6560 ft with a stunning view of the mountains surrounding us! Your guide: Sal

Medium difficulty. Requires good fitness.

For more info: www.natureofsal.com/calendar

Limited spots available. Requires a car. 🚗 We facilitate carpooling (please reach out before booking). Terms and conditions apply.

*Note: The experience will be confirmed once we have reached a minimum of 3 participants



Wild Tivoli Panoramas of Mt. Catillo Hike by train



Saturday, September 13, 9am

This trail coincides with the "Via dei Lupi", the "Wolves' path". Learn more about the wolves, endemic to this area, as well as the Maremmana breed and other animal and plant species, while enjoying beautiful panoramic views. Your guide: Sal.

Medium difficulty. Requires good fitness.

Accessible by train 🇮🇹 from Rome.

For more info: www.natureofsal.com/calendar

Limited spots available. Accessible by train. Terms and conditions apply




Wild Lazio Myths and Legends of the Monti Sabini

Nature of Sal



Sunday, September 14, 9am

Discover the secrets of Italy's Sabina hills on a guided hike through beech and maple forests to Monte Tancia. Hear local myths and legends, enjoy panoramic views of Terminillo, Mt. Navegna, and – on clear days – the Tyrrhenian Sea! Possibility to book local lunch after the hike.

Medium to challenging difficulty. Requires very good fitness.

For more info: www.natureofsal.com/calendar

Limited spots available. Requires a car. 🚗 We facilitate carpooling (please reach out before booking). Terms and conditions apply.

*Note: The experience will be confirmed once we have reached a minimum of 3 participants



Rome's Secret Nature Park

Urban hike through the Caffarella Park



Saturday, September 20 – 9am

“Explore ancient ruins, streams, meadows, and wildlife. This tour is perfect if you like to explore nature within Rome, perfect also for beginners and families with kids!”

Accessible by public transport / metro 🇮🇹 in Rome.

For more info: www.natureofsal.com/calendar

Limited spots available. Accessible by public transport. Terms and conditions apply.



AQUEDUCTS PARK

A story of water, fire and the power of nature



Sunday, September 21 – 8.30am

Step into history and experience one of Rome's most awe-inspiring treasures – the monumental aqueducts that shaped the course of civilization. This is a rare, fun and unforgettable journey through the heart of ancient engineering and nature!

Accessible by public transport / metro 🇮🇹 in Rome.

For more info: www.natureofsal.com/calendar

Limited spots available. Accessible by public transport. Terms and conditions apply.



Umbria Experience Goethe's Spoleto & Monteluco Hike by train from Rome



Saturday, September 27, 9.45am

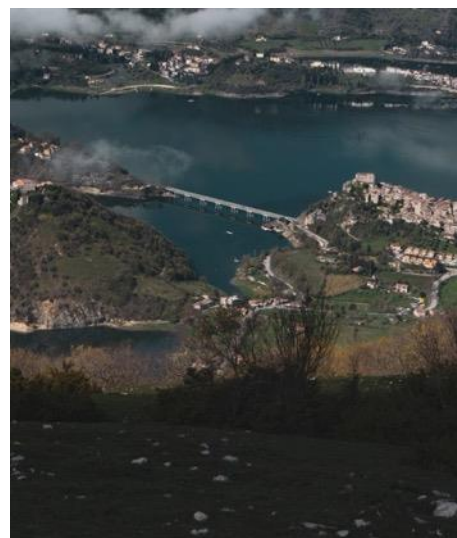
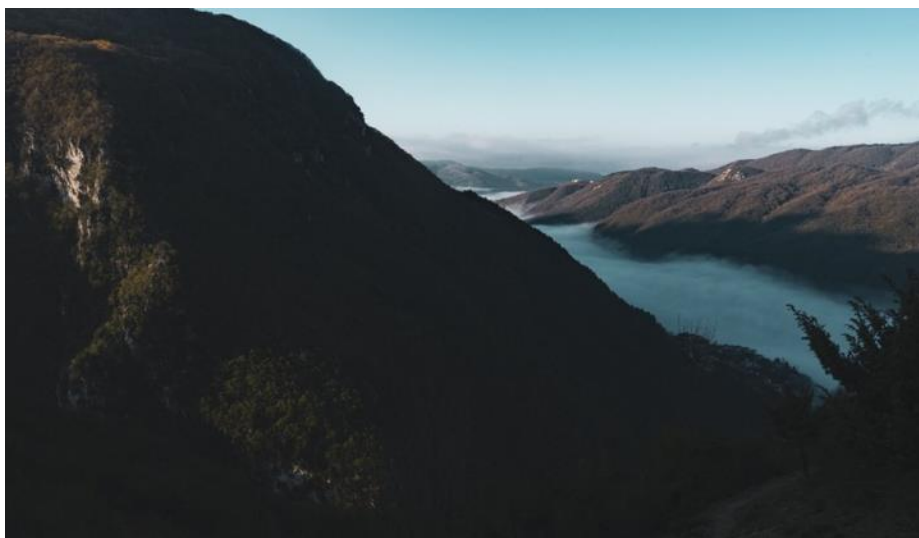
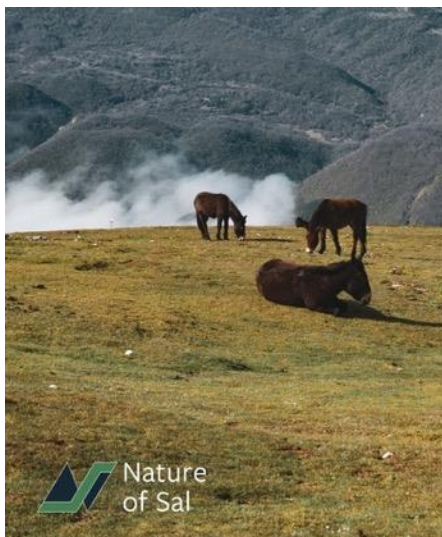
A 4.5-hour meditative, scenic hike through Spoleto's sacred woods and the Franciscan Convent of Monteluco as you retrace the footsteps of Goethe.

Medium difficulty. Requires good fitness.

Accessible by train 🇮🇹 from Rome.

For more info: www.natureofsal.com/calendar

Limited spots available. Accessible by train. Terms and conditions apply.



Mt. Navegna Stunning Views Between Two Lakes



Sunday, September 28, 9am

A hike with panoramic views over Lago del Salto and Lago del Turano, the Apennines (Gran Sasso and Velino), and the ghost hamlet of Antuni. Picnic at a unmanned mountain hut. Your guide: Sal.

Medium to Challenging difficulty.
Requires very good fitness.

For more info: www.natureofsal.com/calendar

Limited spots available. Accessible by train. Terms and conditions apply



Alone or with friends,
it's always fun!
Don't take it from us:

Sal's hikes are amazing - always well planned, better than you expected, and with other really nice hikers. He handles all the stress and planning, so you can show up and hit the trail with confidence. I also really appreciate how great of a job he does with communicating ahead of the hike on weather conditions, packing tips, train schedules, and what to expect. The price of his hikes are an absolute steal for the quality of service he provides!
10/10 highly recommended

★★★★★ (Amy, via Google Reviews)

Sal is an excellent guide. He went above and beyond. He designed an experience for us that was perfectly suited for our needs and he also offered tips on what to do beyond the guided tour. Loads of knowledge. He provided us with hiking poles which meant we didn't need to travel with them, provided coffee and local food on the trip. He was extremely knowledgeable about the local area. He also took some photos.

★★★★★ (Rory, via Google Reviews)

Just completed another hike with Sal. This time to Monte Soratte. I have been going on hikes with him for more than a year now and may have done about 10 so far and all have been great experiences. Each destination was well chosen for its natural beauty and the itinerary meticulously planned. Sal is always punctual, helpful, a great source of knowledge and just a fun person to chat with. Highly recommended, even if (as myself) you would normally hike without a guide. With people like Sal there is definitely added value when going with a guide. Will be signing up for my next hike very soon.

★★★★★ (Bart, via Trustpilot)

I went to my first hiking trip with Sal yesterday to Albano Laziale and it was a most wonderful experience. With his versatile background, Sal offers a unique combination of organization, precision and human touch. No wonder so many people in our group were returning customers. I hope to go again on many other trips with Sal too.

★★★★★ (Marat, via Google Reviews)



Best Guided Day Hikes Provider 2025 – Rome Customer Service Excellence Award 2025

"Award-winning for its artisan approach to outdoor experiences in Italy, Nature of Sal crafts each hike with meticulous care – personally tested, inspected, and planned. With small groups, certified multilingual guides, a strong safety focus, and sustainable actions like the free HikeLine train-access map, every detail is curated – from logistics to local partnerships – offering seamless, eco-friendly adventures rooted in authenticity and excellence." (via acquisition international)