



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 MARCH TOURS,
WITH ALL USEFUL INFORMATION.**

FOR MORE DETAILS:

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



Nature of Sal

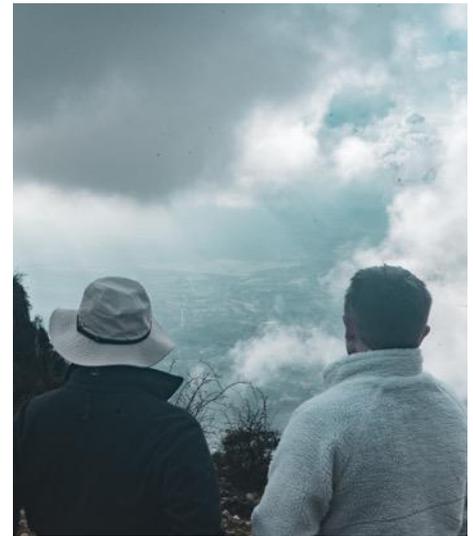
HIGHLANDS MT. GENNARO

Amid free-roaming horses

Medium difficulty – Requires overall good fitness
Requires a car. We facilitate carpooling.

The international hiking community
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Member of  **Aigae**  **Partnerships**  **EXPATS IN ROME** 



Lazio's Secret Highlands Monte Gennaro / Zappi Dreamy Mountains



Sunday · March 1 · 9am

🕒 5.5 h 🏔️ ~10 km/6.2mi ⬆️ Elevation up to 440m/1443ft 🍌

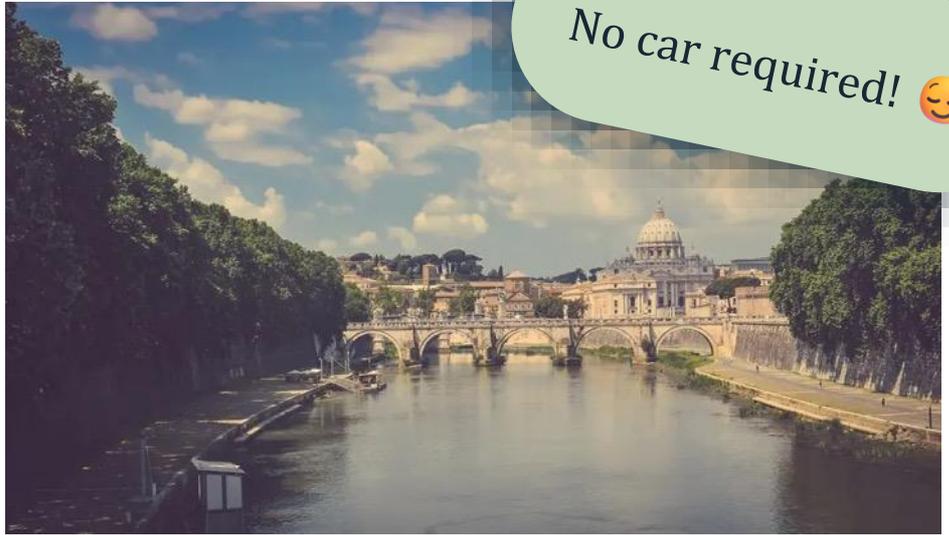
Medium/Challenging Experience confirmed with a minimum of 4 participants.
Automatic full refund if not confirmed.

Highlands Escape: A Hike with Heart: Breathe in the silence of ancient beech forests, cross wide-open plateaus, and stand atop a world of wonder – surrounded by a 360° panorama that stirs the soul.

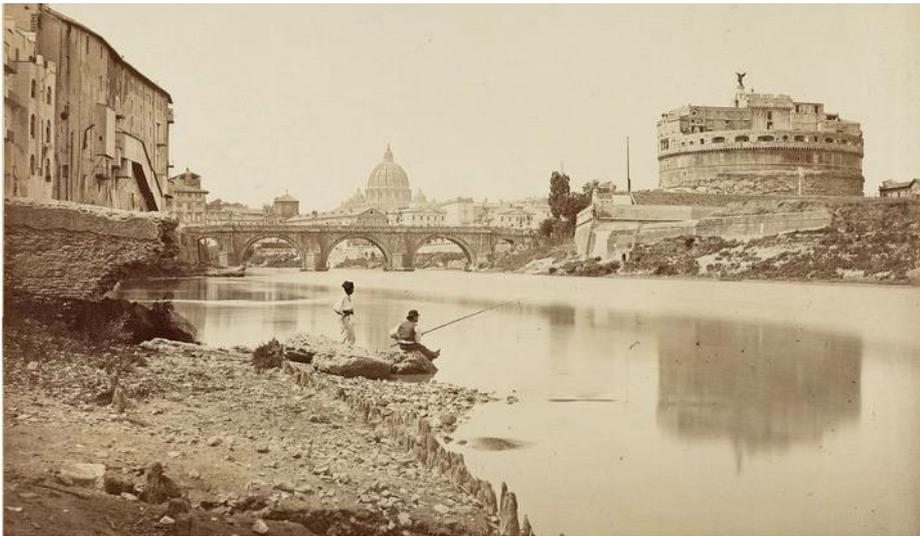
Requires a car. 🚗 We facilitate carpooling. First come, first serve

For more info: www.natureofsal.com/calendar

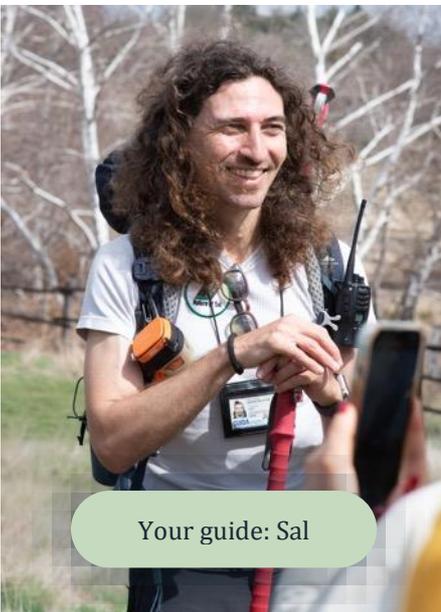
Limited spots available. Terms and conditions apply.



No car required! 😊



Urban hike in Rome Wildlife and History The River of Kings



Your guide: Sal

Saturday · March 7 · 9.30am

🕒 53.5 h 🧡 ~10 km/6.2mi 🧡 Medium

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

Discover Rome's wild side on a guided hike along the ancient Tiber River—the "River of Kings." Led by an AIGAE-certified nature guide, this 3.5-hour urban adventure blends wildlife, history, and stunning river views right in the heart of the city.

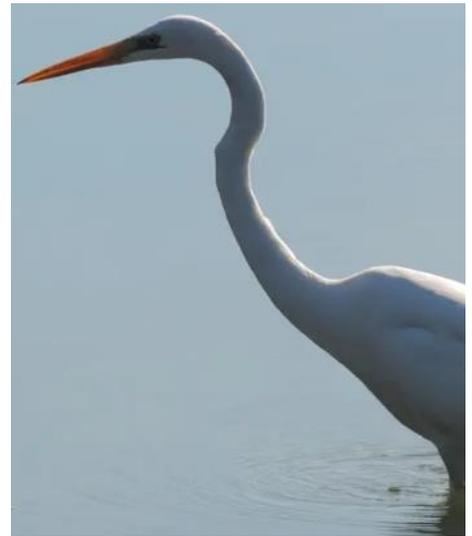
Accessible by public transport 🚶

For more info: www.natureofsal.com/calendar

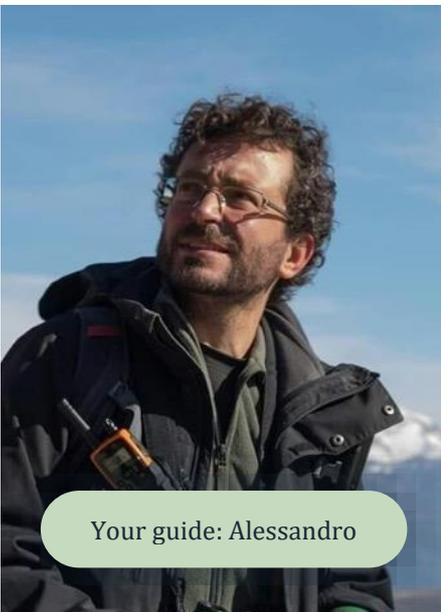
Limited spots available. Accessible by public transport. Terms and conditions apply.



Special Event!
No car required. 😊



Tevere-Farfa Reserve River & Heron Exploration + Boat Trip



Your guide: Alessandro

Saturday · March 7 · 9.15am

🕒 6 hours 🧳 max. 12km/7.5mi 🦶 Easy, gentle pace

Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

Step into one of Lazio's best-kept secrets: the Tevere Farfa Nature Reserve, the region's first protected river landscape, home to an important heron colony. Our day combines a relaxing boat trip along the river with an easy guided walk through the riparian forest – a rare and ecologically precious ecosystem that lines the riverbanks.

Accessible by public transport and ferry from Rome 🚆

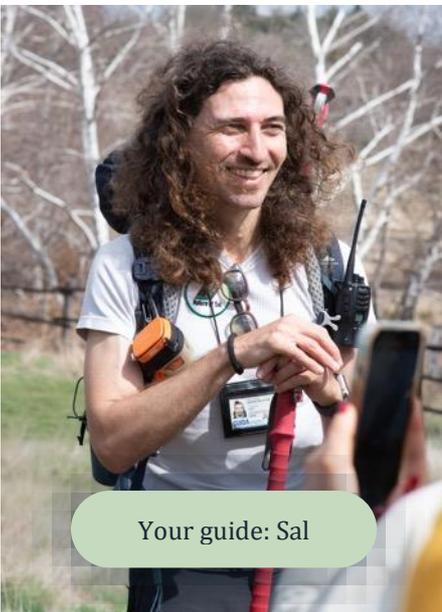
For more info: www.natureofsal.com/calendar

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

Not included: Boat trip fee: €12 per person (paid on-site)



Wild Lazio Myths and Legends of the Monti Sabini



Your guide: Sal

Sunday · March 8 · 9am

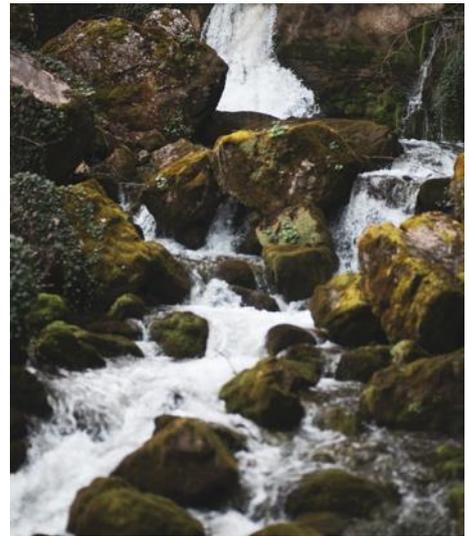
🕒 4.5 hours 🏞️ 9km/5.5mi ⬆️ Elevation up to 460m/1509ft 🧡 Medium
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

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, Monte Navegna, and – on clear days – the Tyrrhenian Sea! Possibility to book local lunch after the hike. Your guide: Sal

Requires a car. 🚗 We facilitate carpooling. First come, first serve
For more info: www.natureofsal.com/calendar
Limited spots available. Terms and conditions apply.



No car required! 😊



Wild Abruzzo (by train) Tagliacozzo Waterfall, Views, Saints



Saturday · March 14 · 10.15am

🕒 3.5 hours 🏞️ 9km/5.5mi ↗️ Elevation up to 320m/1049ft 🧗 Medium
Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.

Step into the landscapes that inspired artists like Edward Lear on this guided hike through Tagliacozzo.

Follow rivers and waterfalls into a small canyon, climb to the ruins of the Castle of Tagliacozzo, and enjoy mountain views from “Little Switzerland.”

Accessible by public transport from Rome and Avezzano 🗺️

For more info: www.natureofsal.com/calendar
Limited spots available. Terms and conditions apply.

Special Event! 🌴



Ponza Island Hike

Explore Lazio's Hidden Gem

By train & ferry from Rome



Your guide: Katharina

Sunday · March 15 · 11.30am (Ponza)

🕒 3.5 hours 🏞️ max. 8km/5mi 🍌 Easy

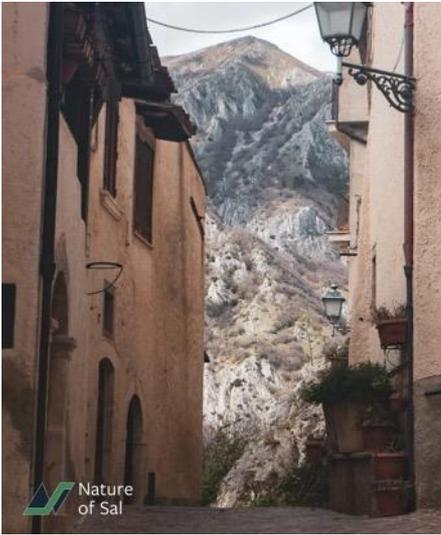
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

This special hike brings you to the legendary island of Ponza, accessible by public transport from Rome! Immerse yourself in the island's vibrant flora and fauna, while uncovering ancient stories and hidden landmarks along the trail.

Accessible by public transport and ferry from Rome 🗺️

For more info: www.natureofsal.com/calendar

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



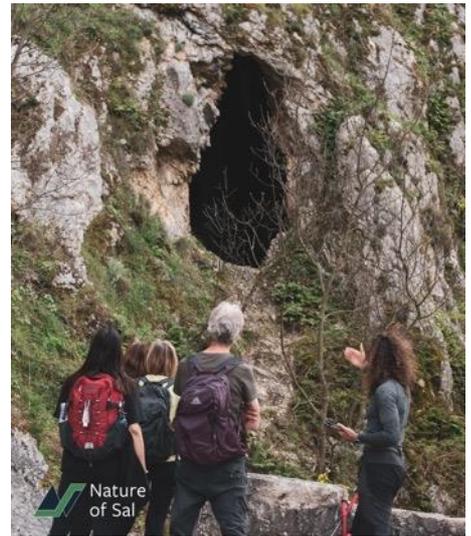

ESCHER'S ABRUZZO

Medium difficulty – Requires overall good fitness
Requires a car. We facilitate carpooling.

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Member of  Partnerships   EXPATS ROME 

Just 1.5 hours from Rome! 🚗



Escher's Abruzzo Inversa & Castrovalva Sagittario Gorges



Your guide: Sal

Sunday · March 15 · 9am

🕒 3.5 hours 🏞️ 8km/5mi ↗️ Elevation up to 360m/1180ft 🧗 Medium
Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.

Follow in the footsteps of M.C. Escher on a scenic loop in the heart of Abruzzo. Walk along canyon paths through the Sagittario Gorges, ascends to the clifftop village of Castrovalva immortalized by Escher, and return via a shaded forest with wide Apennine views.

Requires a car. 🚗 We facilitate carpooling. First come, first serve
For more info: www.natureofsal.com/calendar
Limited spots available. Terms and conditions apply.

Special Event! 🌴



Premium Hike Path of the Gods Amalfi Coast



Saturday · March 21 · 8am

🕒 4.5 hours 🏔️ 9km/5.6mi 🧡 Medium

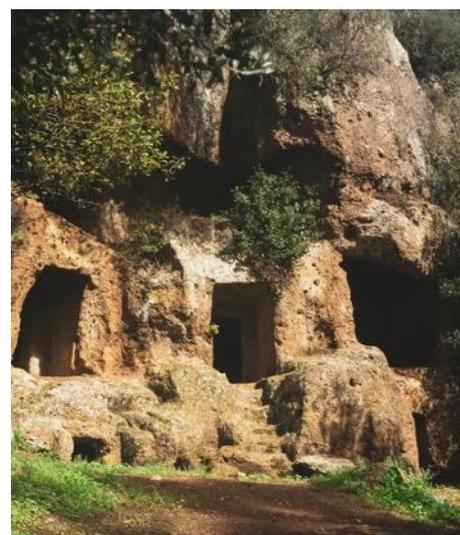
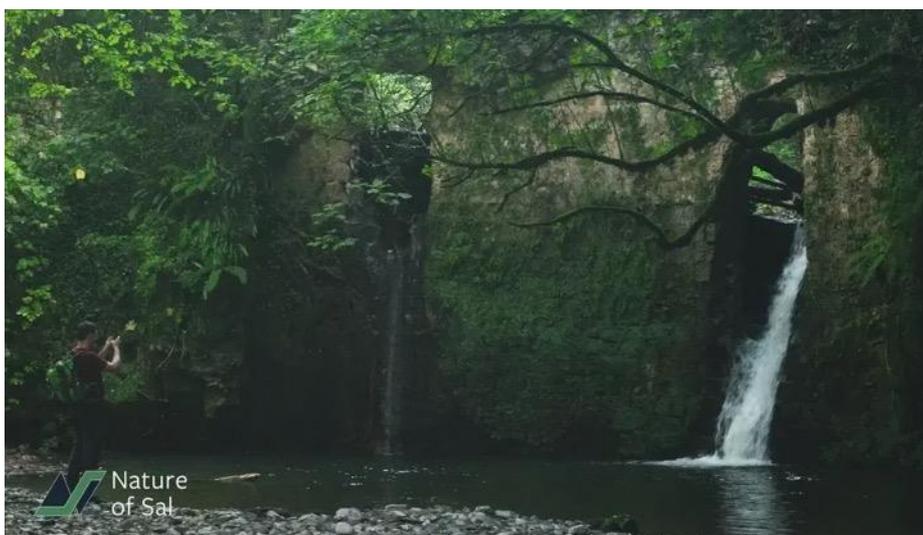
Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.

Hike the Path of the Gods (Sentiero degli Dei), one of Italy's most spectacular trails, with breathtaking views over the Amalfi Coast. Requires confidence with heights (no vertigo!) Participants must arrive in Naples the evening before. Contact us for logistics before booking.

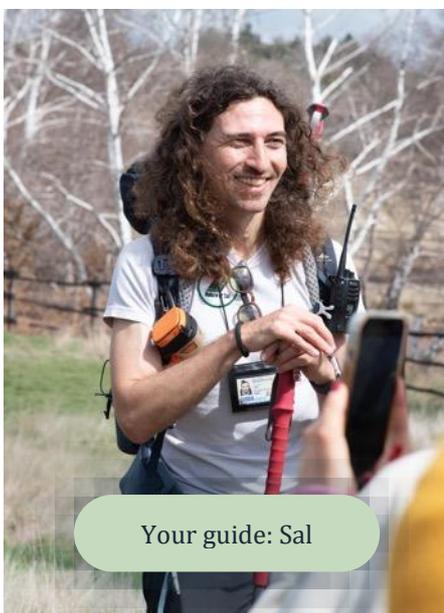
Accessible by public transport from Rome 🗺️

For more info: www.natureofsal.com/calendar

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



Epic Etruscan Hike Italy's "Shortest" Camino Indiana Jones Vibes await!

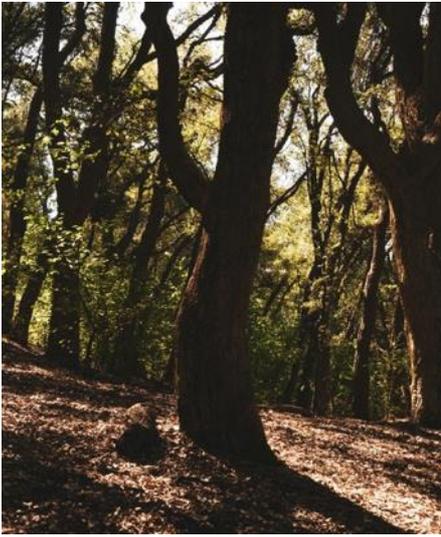


Sunday · March 22 · 9am

🕒 7 hours 🏞️ 18-20km/11-12.4mi 🧗 Medium/Challenging
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

This challenging yet rewarding walk/pilgrimage leads you through the heart of Lazio's stunning countryside full of Etruscan tombs, connecting three historic villages. A real adventure! Think: river crossings, valleys, forests and lots of fun!

Requires a car. 🚗 We facilitate carpooling. First come, first serve
For more info: www.natureofsal.com/calendar
Limited spots available. Terms and conditions apply.



No car required! 😊



 **Wild Tivoli**
Panoramas of Mt. Catillo
Hike by train



Your guide: Sal

Saturday · March 28 · 9am

🕒 4.5 hours 🏔️ 8.5km/5.2mi ⬆️ Elevation up to 320m/1049ft 🧡 Medium Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.

For a true wilderness experience easily reached by train, join this hike along the Via dei Lupi (“Wolves ’Path”). Discover local wolves, the Maremmana breed, and other wildlife, while enjoying stunning panoramic views.

Accessible by public transport from Rome 🗺️
For more info: www.natureofsal.com/calendar
Limited spots available. Accessible by public transport. Terms and conditions apply.

No car required! 😊



Long Trek Appian Way Rome's hidden gems



Your guide: Sal

Sunday · March 29 · 8.30am

🕒 5.5 hours 🏃 17km/10.5mi 🧡 Medium

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

Join us on an unforgettable journey along the "Queen of Roads," where nature, history, and spirituality converge. Walk in the footsteps of ancient Romans, medieval pilgrims, and countless Christian travelers on the world-famous Appian Way.

Accessible by public transport from Rome 🗺️

For more info: www.natureofsal.com/calendar

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

Nature **your way!**



**With our private,
tailor-made hikes,
you'll get:**

Customized Routes

Explore hidden gems that match your interests and fitness level.

Flexible Schedule

Your adventure, on your time.

Personalized Attention

Just you (and your group), with an expert guide.

Unforgettable Moments

From scenic views to unique stories, it's a hike you'll cherish.

Safety First

Our guides personally inspect the trail days before the hike, ensuring the highest safety protocols are in place.

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)



Business
Excellence Awards

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)