



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 MAY 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





VOLCANIC

Diana's Forest and Lakes

HikeLine:
This hike is easily accessible by train!

Medium difficulty – Requires good fitness
Accessible by train from Rome.

The international hiking community
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Member of  Partnerships   EXPATS ROME 



Volcanic Lakes & Forests

The King's Hike

Alban Hills, Lazio



Your guide: Sal

Saturday · May 2 · 9.30am

🕒 6 hours 🏔️ 16km/10mi ↗️ Elevation up to 230m/755ft 🧗 Medium
Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.

Join us on an adventure from volcanic crater lakes at the feet of the Pope's residence, to lush forests and secret terraces. Explore the Alban Hills – circling two volcanic lakes (Albano and Nemi) with stunning viewpoints and ancient villages. Your guide: Sal

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



Nature of Sal

DUCHESSA MOUNTAIN LAKE

Small-group premium hike

Hard difficulty - Requires very good fitness
Requires a car. We facilitate carpooling.

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Member of **Aigge** Partnerships **EXPATS ROME**



Lago della Duchessa Lazio's Secret Glacial Lake Between Lazio & Abruzzo



Sunday · May 3 · 9am

🕒 6 hours 🏔️ 10.5km/6.5mi ↗️ Elevation up to 860m/2822ft 🧗 **Difficult**
Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.

A hike for adventurers who love hidden wilderness. At around 1800m above sea level, we discover the breathtaking Lago della Duchessa, a glacial lake hidden in the Reatini Mountains – surrounded by dramatic peaks and untouched landscape. Challenging ascent with spectacular rewards.

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



Nature of Sal

UMBRIA NERA VALLEY & MEDIEVAL NARNI

HikeLine:
This hike is easily
accessible by train!

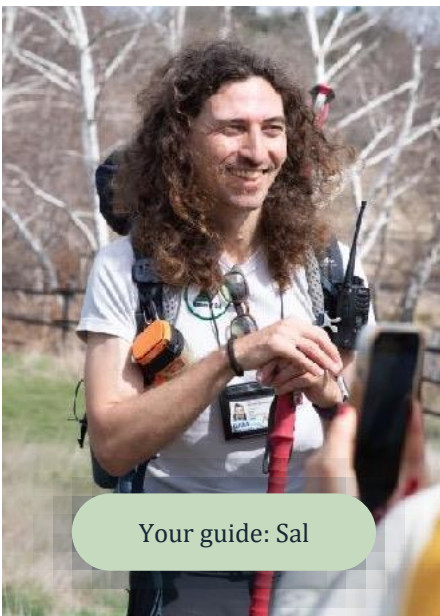
Easy / Medium difficulty – Requires overall good fitness
Accessible by train from Rome and Terni

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Member of  Partnerships 



Umbria Exploration Day Nera Valley & Medieval Narni Hike by train



Your guide: Sal

Saturday · May 9 · 9.15am

🕒 6 hours 🏞️ 13km/8mi ↗️ Elevation up to 230m/755ft 🧡 Easy to Medium
Experience confirmed with a minimum of 3 participants. Automatic full refund if not confirmed.

Join us for an adventure in Umbria, 50 minutes from Rome. We explore the Nera River Valley following an ancient abandoned train track, Explore Umbria's most dramatic gorge before reaching reach the magnificent medieval town of Narni, perched on a rocky spur above the valley. A perfect blend of nature, history and adventure.

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



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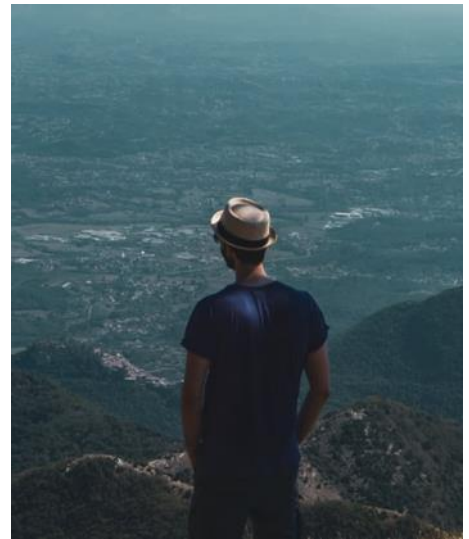
WILD LAZIO MT. GEMMA

Discover the Lepini Mountains

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

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Member of **Aigie** Partnerships **EXPATS ROME**



Last Wilderness Frontiers Monte Gemma Lepini Mountains, Lazio



Your guide: Sal

Sunday · May 10 · 9am

🕒 6 hours 🏔️ 7.5km/4.7mi ⬆️ Elevation up to 220m/722ft 🧡 Medium Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

As you ascend the winding trails of Monte Gemma, prepare to be captivated by untamed landscapes in the Lepini Mountains. Ancient forests give way to rocky ridges with views stretching all the way to the Pontine coast and the Tyrrhenian sea .

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

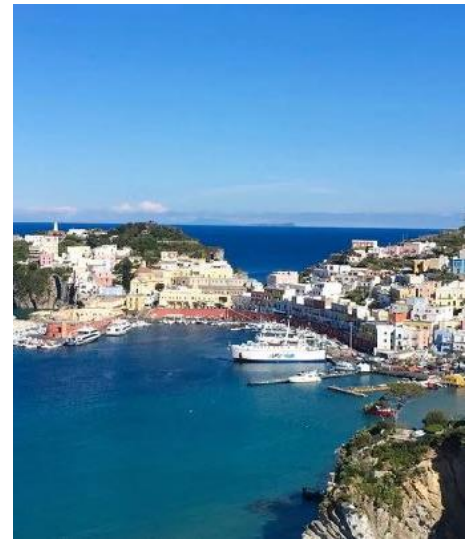


Nature of Sal **PONZA**
BIRDWATCHING ON PONZA ISLAND

Medium difficulty – Requires normal fitness
Accessible by train and ferry from Rome

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



Spring Migration on Ponza Birdwatching Expedition Ponza Island, Lazio



Your guide: Katharina

Saturday · May 16 · Morning departure

🕒 Day trip from Rome 📏 9.5km/6mi 🧡 Easy to Medium
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

Every spring, millions of birds cross the Tyrrhenian Sea — and Ponza sits directly in their path. During peak migration in early May, you can stand in one spot and watch species from three continents pass through in a single morning. It is one of the most concentrated wildlife spectacles in the Mediterranean, and almost nobody outside the birdwatching community knows it exists.

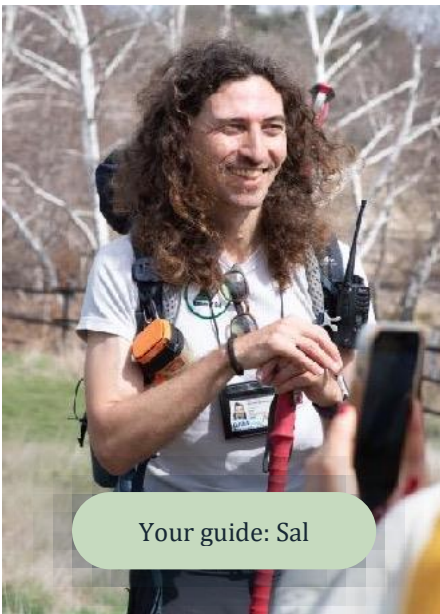
Accessible by public transport from Rome 🚆 + 🚢 (Train + Ferry)

For more info: www.natureofsal.com/calendar

Limited spots available. Train and ferry not included. Terms and conditions apply.






 **Collepardo Valley Experience**
Valley of the Saints
Ernici Mountains, Lazio




Your guide: Sal

Sunday · May 17 · 9.30am

 5 hours  13km/8mi  Medium

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

Join us for an unforgettable adventure in the Collepardo Valley, in the Ernici Mountains. We follow the Valley of the Saints trail through gorges, forests and ancient hermitages. This guided hike leads you through stunning Ciociaria's hidden landscapes, connecting natural wonders with medieval heritage.

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

For more info: www.natureofsal.com/calendar

Limited spots available. Terms and conditions apply.



Birdwatching at Monte Velino Griffon Vultures & Wildlife Sirente-Velino Regional Park



Your guide: Alessandro

Check [natureofsal.com](https://www.natureofsal.com) for more

🕒 6 hours 📏 10km/6.2mi 📈 Elevation up to 300m/984ft 🧡 Moderate
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

The Griffon Vulture has made a home here. A sizeable colony nests close to the route, and if conditions are right — calm morning, good light — you'll see them circling the ridgeline before the day has started. Explore Abruzzo's Sirente-Velino Regional Park — one of the wilder corners of central Italy. Golden eagles, woodpeckers, and red deer also frequent the area. Lunch at a local rifugio (optional, €15).

Requires a car. 🚗 We facilitate carpooling.

For more info: www.natureofsal.com/calendar

Limited spots available. 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)