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

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- 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

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



Hike in a primeval UNESCO forest

SMALL-GROUP
PREMIUM HIKE

ORIOLO ROMANO (VT)

 **SATURDAY ·**
SEPTEMBER 5 · 10:30
AM

 **4 HOURS**
Duration

 **9 KM / 5.6 MI**
Distance

 **UP TO 200 M**
Elevation

 **EASY (BEGINNER-FRIENDLY)**
Difficulty

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

A magical forest just about 50 minutes from Rome. This loop walk from Piazza Claudia leads into a UNESCO-protected beech wood (a serial site together with the Carpathians and other European forests) where trees up to 150 years old have stood largely unchanged for centuries. Breathe the cool, resinous air, listen to the birdsong, and – on misty mornings – watch the fog drift between the trunks. Family-friendly, gently rolling, and one of the quietest places within easy reach of the city.

 **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

Piazza Claudia, Oriolo Romano (VT) – arrive 15 minutes before departure. Accessible by public transport from Rome; the route starts and ends near the train station.

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.



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

SMALL-GROUP
PREMIUM HIKE

SPOLETO (PG)

 **SATURDAY ·**
SEPTEMBER 12 · 9:15
AM

 **5H 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.

Retrace the steps of Johann Wolfgang von Goethe through the hills above Spoleto. Starting from the station, we hike into the sacred woods of Monteluco – a grove revered since antiquity – and pause at the Franciscan convent that has drawn pilgrims and writers for centuries. Long views, deep shade and a genuinely meditative atmosphere make this one of the most reflective walks in the calendar this month.

 **Accessible by public transport from Rome (Departure from Termini train station)**

✓ 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

Spoletto Train Station, Spoleto (PG) – arrive 15 minutes before departure. Accessible by train; the route starts and ends at the station.

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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Guided walk in Rome's Secret Nature Park

SMALL-GROUP
PREMIUM HIKE

CAFFARELLA PARK (RM)

 **SUNDAY ·**
SEPTEMBER 13 · 9:30
AM

 **3 HOURS**
Duration

 **8 KM / 5.0 MI**
Distance

 **UP TO 60 M**
Elevation

 **EASY (BEGINNER-FRIENDLY)**
Difficulty

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

Rome's wildest corner hides in plain sight. Minutes from the city centre, the Caffarella valley opens into woodland, streams, meadows and ancient ruins. We visit the Sacred Wood, the mythical Nymphaeum of Egeria and Acqua Egeria. A simple, easy but very interesting loop that completely changes how you see the city.

 **Accessible by public transport from Rome (Metro Line A)**

✓ 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

Largo Pietro Tacchi Venturi, Caffarella Park (RM) – arrive 15 minutes before departure. Accessible by public transport from central Rome.

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



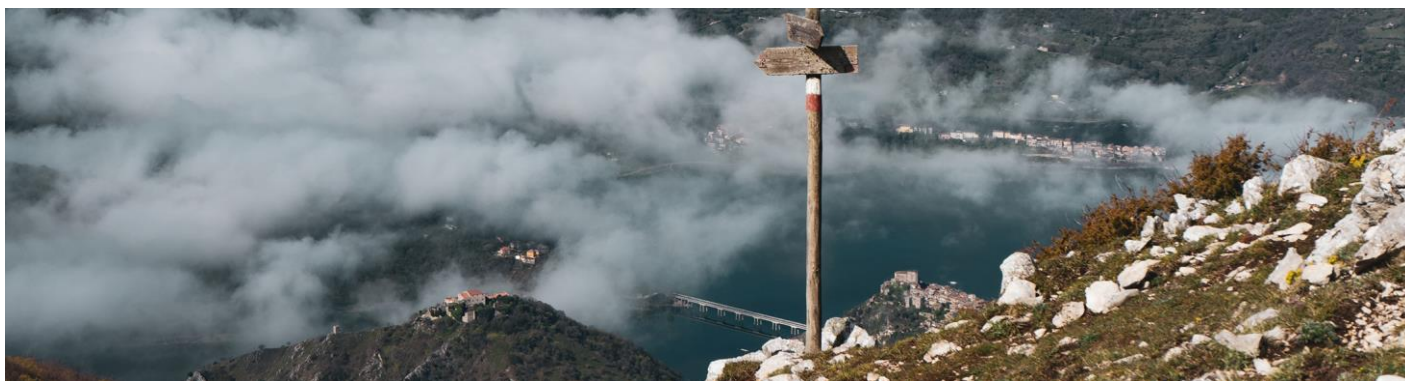
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More info · www.natureofsal.com/calendar

Limited spots available. Terms & conditions apply.

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Lakeside Summit Hike: Stunning Views Between Two Lakes

SMALL-GROUP
PREMIUM HIKE

ASCREA (RM)

 **SUNDAY ·**
SEPTEMBER 20 · 9:00
AM

 **5 HOURS**
Duration

 **12 KM / 7.5 MI**
Distance

 **UP TO 780 M**
Elevation

 **MEDIUM TO
DIFFICULT**
Difficulty

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

The highest ground between Lakes Salto and Turano, with the Velino and Gran Sasso ranges filling the horizon. The Salto-Turano trail climbs through turkey oak and maple forest to Monte Filone, passing views of the abandoned hamlet of Antuni perched above the water. The most demanding walk of this month, and the one with the biggest payoff at the top.

 **Requires a car – we facilitate carpooling 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

Free parking area, Ascrea (RM) – arrive 15 minutes before departure. Requires a car; we facilitate carpooling.

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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ALGAE-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.



Hike on the Appian Way: nature, history, and spirituality

SMALL-GROUP
PREMIUM HIKE

S. MARIA DELLE MOLE (RM)

 **SATURDAY ·**
SEPTEMBER 26 · 9:00
AM

 **5H 30MIN**
Duration

 **17 KM / 10.6 MI**
Distance

 **UP TO 50 M**
Elevation

 **MEDIUM/
DIFFICULT**
Difficulty

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

A full day on the Queen of Roads. From S. Maria delle Mole we follow the original basalt paving of the Via Appia Antica all the way into Rome, finishing at the Circus Maximus. Along the route: nature, history, tombs, countryside villas and aqueduct arches. Long, flat and quietly extraordinary – a walk through two thousand years of history.

 **Accessible by public transport from Rome (departure from Termini train station)**

✓ 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

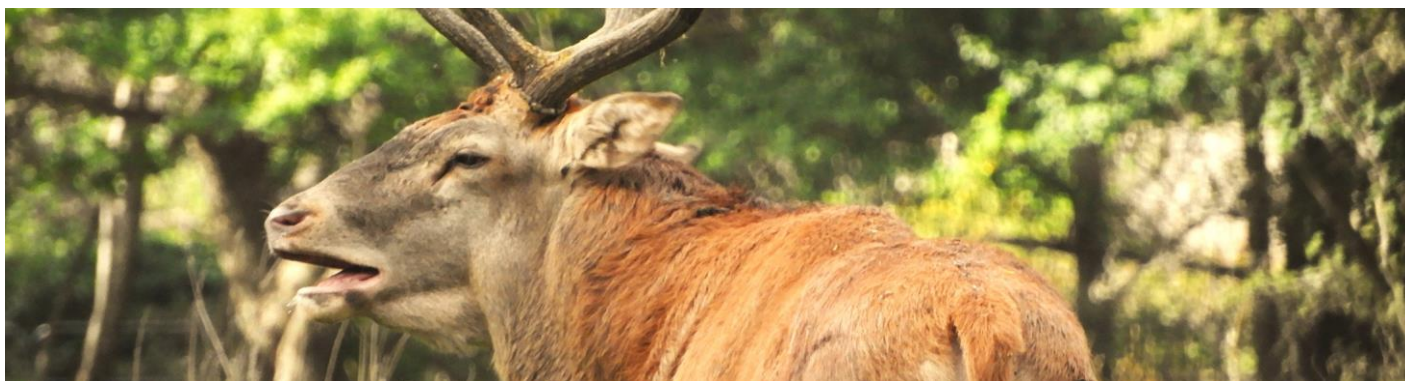
S. Maria delle Mole station (RM) – arrive 15 minutes before departure. Reachable by regional train from Roma Termini; the walk ends at Circus Maximus in central Rome.

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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Deer Rut Experience in Abruzzo

SMALL-GROUP
PREMIUM HIKE

MASSA D'ALBE (AQ)

 **SATURDAY ·**
SEPTEMBER 26 · 3:30
PM

 **4 HOURS**
Duration

 **7 KM / 4.3 MI**
Distance

 **UP TO 240 M**
Elevation

 **EASY TO MEDIUM**
Difficulty

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

One of the great wildlife spectacles of the Italian autumn. A slow, gradual hike at the foot of Monte Velino brings us to a chosen vantage point where red deer gather for the annual rut. As the light fades, the valley fills with the roaring of stags competing for dominance. We keep a respectful distance and observe quietly, with the guide sharing insight into the animals, the ecology and why this habitat matters. An afternoon-into-evening start – bring warm layers.

  **Requires a car – we facilitate carpooling (also partially accessible by train, with car pickup from Avezzano train station. Please reach out to coordinate with guide before booking)**

✓ 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

Massa d'Albe (AQ) – arrive 15 minutes before departure; precise point shared after booking. Requires a car; we facilitate carpooling.

WHAT TO BRING Obligatory: hiking boots, 1.5 L water, weather-appropriate clothing including warm layers for the evening, headlamps backpack, packed lunch. Recommended: raincoat, sunscreen, hat, trail snacks. Optional: hiking poles, electrolytes, sunglasses.



MEET YOUR GUIDE: **Alessandro**

Certified hiking guide. He specialises in wildlife-watching walks in the Velino-Sirente massif and leads Nature of Sal's autumn deer-rut and mountain fauna experiences.



Myths and Legends of Monte Tancia (1292 m)

SMALL-GROUP
PREMIUM HIKE

· MONTE SAN GIOVANNI IN SABINA (RI)

 **SUNDAY ·**
SEPTEMBER 27 · 8:30
AM

 **4H 30MIN**
Duration

 **9 KM / 5.6 MI**
Distance

 **UP TO 460 M**
Elevation

 **MEDIUM**
Difficulty

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

The Monti Sabini are full of stories, and Monte Tancia holds more than its share. Climbing from the Osteria del Tancia through beech and maple woodland, we work our way up to a summit with views stretching to Terminillo, Monte Navegna and, on clear days, the sea. Along the way, the myths and legends that have attached themselves to this mountain for centuries.

 **Requires a car – we facilitate carpooling 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

Osteria del Tancia, Monte San Giovanni in Sabina (RI) – arrive 15 minutes before departure. Requires a car; we facilitate carpooling.

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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