Nature of Sal

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 **http://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 NOVEMBER 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 respond directly to clients.



Panoramas and forest on Monte Catillo (Tivoli)

SMALL-GROUP PREMIUM HIKE

TIVOLI (RM)

SAT · NOV 7 · 9:00 AM	4H 30MIN	8.5 KM / 5.3 MI	UP TO 320 M	MEDIUM
Event date	*Duration*	*Distance*	*Elevation*	*Difficulty*

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

Amazing views and a wilderness feel right next to the stunning city of Tivoli, just outside Rome. This trail coincides with the "Via dei Lupi", the Wolves' path: learn about the wolves endemic to this area, the Maremmana breed and other animal and plant species, while enjoying beautiful panoramic views through an oak forest loop.

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

Parking area in front of Tivoli (RM) — meet 15 minutes before departure

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.

BOOK YOUR PLACE

€39 per person

Estimated finish: about 1:30 pm (back at the meeting point)

★★★★★ **5.0 · 130 Google reviews** **✓ Free cancellation** **✓ Instant confirmation**

Small group · confirmed from 3 participants · English-language guiding

Scan to book

natureofsal.com/tivoli-monte-catillo-guided-hike-from-rome

More info · **www.natureofsal.com/calendar**

Limited spots available. Terms & conditions apply.

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Breathtaking views on Monte Pellecchia

SMALL-GROUP PREMIUM HIKE

MONTEFLAVIO (RM)

SUN · NOV 8 · 9:00 AM	5 HOURS	12.5 KM / 7.8 MI	UP TO 620 M	MEDIUM TO DIFFICULT
Event date	*Duration*	*Distance*	*Elevation*	*Difficulty*

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

Conquer the majestic peak of the Lucretili Range, the tallest summit of the park, and be rewarded with panoramic views. About 90% hiking and 10% explanations of noteworthy points of interest. Hiking poles are obligatory on this uneven terrain.

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

Piazza Vittorio Emanuele III, Monteflavio (RM) — meet 15 minutes before departure

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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BOOK YOUR PLACE

€49 per person

Estimated finish: about 2:00 pm (back at the meeting point)

★★★★★ **5.0 · 130 Google reviews** **✓ Free cancellation** **✓ Instant confirmation**

Small group · confirmed from 3 participants · English-language guiding

Scan to book
bit.ly/3N7PBkp

More info · **www.natureofsal.com/calendar**

Limited spots available. Terms & conditions apply.

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Birdwatching at Torre Flavia Wetland: Kentish Plovers, Herons & Marsh Harriers

SMALL-GROUP PREMIUM HIKE

MARINA DI CERVETERI (RM)

SAT · NOV 14 · 9:15 AM	6 HOURS	9 KM / 5.6 MI	NEGLIGIBLE	EASY TO MEDIUM
Event date	*Duration*	*Distance*	*Elevation*	*Difficulty*

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

Walk from Marina di Cerveteri station into Torre Flavia's protected wetland to spot herons, waders, marsh harriers and the rare Kentish plover. Torre Flavia is what remains of the marshes that once lined much of the coast around Rome, and one of the best-managed coastal wetlands in Italy. Bring binoculars. No dogs.

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

Marina di Cerveteri station (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.



MEET YOUR GUIDE **Alessandro**

Half-Italian, half-Swiss certified hiking guide since 2010, with years of experience at WWF and in environmental protection. Expert on the flora, fauna and birdlife of Lazio and Central Italy — from gentle nature trails to challenging treks.

BOOK YOUR PLACE

€39 per person

Estimated finish: about 3:15 pm (back at the meeting point)

★★★★★ **5.0 · 130 Google reviews** ✓ **Free cancellation** ✓ **Instant confirmation**

Small group · confirmed from 3 participants · English-language guiding

Scan to book
Booking page (FareHarbor)

More info · **www.natureofsal.com/calendar**

Limited spots available. Terms & conditions apply.

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A hike in Abruzzo's Oldest National Park + UNESCO beech forest of Selva Moricento

SMALL-GROUP PREMIUM HIKE

ABRUZZO

SUN · NOV 15 · 9:00 AM	TO BE CONFIRMED	14 KM / 8.7 MI	UP TO 310 M	MEDIUM
Event date	*Duration*	*Distance*	*Elevation*	*Difficulty*

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

Step into Italy's wildest national park on a guided hike through the Parco Nazionale d'Abruzzo, Lazio e Molise, the country's oldest and most iconic, and the first chapter of our "Wild Parks Series". The route crosses pristine highlands, forests and open landscapes, culminating in a visit to a Strict Nature Reserve (Riserva Integrale), home to wolves and the rare Marsican brown bear. Not technically difficult, but moderately demanding because of its length; optional stop at a mountain refuge for local food (details after booking).

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

To be confirmed

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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BOOK YOUR PLACE

€49 per person

Estimated finish: to be confirmed (back at the meeting point)

★★★★★ **5.0 · 130 Google reviews** ✓ **Free cancellation** ✓ **Instant confirmation**

Small group · confirmed from 3 participants · English-language guiding

Scan to book
bit.ly/43JI4kP

More info · **www.natureofsal.com/calendar**

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More info · **www.natureofsal.com/calendar**

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Epic XP Quest Series: Assisi to Spello Challenge

SMALL-GROUP PREMIUM HIKE

ASSISI (UMBRIA)

SAT · NOV 21 · 9:30 AM	7 HOURS	24 KM / 14.9 MI	UP TO 810 M	MEDIUM TO DIFFICULT
Event date	*Duration*	*Distance*	*Elevation*	*Difficulty*

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

Walk in the footsteps of saints and emperors from Assisi, a UNESCO World Heritage site, to the hilltop village of Spello: ancient footpaths, olive groves, holm-oak and chestnut woods, the Eremo delle Carceri hermitage and sweeping views of the Umbrian Valley. Not suited for beginners.

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

Assisi (exact meeting point shared after booking)

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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BOOK YOUR PLACE

€39 per person

Estimated finish: about 4:30 pm (back at the meeting point)

★★★★★ **5.0 · 130 Google reviews** **✓ Free cancellation** **✓ Instant confirmation**

Small group · confirmed from 3 participants · English-language guiding

Scan to book
bit.ly/3RysLE1

More info · **www.natureofsal.com/calendar**

Limited spots available. Terms & conditions apply.

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Wild Abruzzo: A hike in Escher's Bear Country

SMALL-GROUP PREMIUM HIKE

ANVERSA DEGLI ABRUZZI (AQ)

SUN · NOV 22 · 9:00 AM	3H 30MIN	8 KM / 5 MI	UP TO 360 M	MEDIUM
Event date	*Duration*	*Distance*	*Elevation*	*Difficulty*

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

Step into the footsteps of the Dutch artist Escher and see this wild part of Abruzzo through his eyes: the stunning Sagittario Gorges, the picturesque ridge town of Castrovalva, and a cool forest on the way back. Just 1.5 hours outside of Rome.

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

Anversa degli Abruzzi (AQ) — meet 15 minutes before departure

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.

BOOK YOUR PLACE

€49 per person

Estimated finish: about 12:30 pm (back at the meeting point)

★★★★★ **5.0 · 130 Google reviews** **✓ Free cancellation** **✓ Instant confirmation**

Small group · confirmed from 3 participants · English-language guiding

Scan to book
bit.ly/4hn0KLr

More info · **www.natureofsal.com/calendar**

Limited spots available. Terms & conditions apply.

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Etruscan Forest and Volcanic Springs

SMALL-GROUP PREMIUM HIKE

MANZIANA (RM)

SAT · NOV 28 · 10:15 AM	5H 30MIN	15 KM / 9.3 MI	UP TO 128 M	EASY TO MEDIUM
Event date	*Duration*	*Distance*	*Elevation*	*Difficulty*

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

Enter the underworld of the Etruscan god Manth: hike through the majestic Macchia Grande oak forest, once consecrated to the god of the underworld, and visit protected sulfur springs once used by the Romans for sacred rituals. Family-friendly; children 14+ accompanied by adults.

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 Tommaso Tittoni, Manziana (RM) — meet 15 minutes before departure

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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BOOK YOUR PLACE

€39 per person

Estimated finish: about 3:45 pm (back at the meeting point)

★★★★★ **5.0 · 130 Google reviews** **✓ Free cancellation** **✓ Instant confirmation**

Small group · confirmed from 3 participants · English-language guiding

Scan to book
bit.ly/3R5CmS6

More info · **www.natureofsal.com/calendar**

Limited spots available. Terms & conditions apply.

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Mt. Autore Experience

SMALL-GROUP PREMIUM HIKE

LIVATA (RM)

SUN · NOV 29 · 9:00 AM	3H 30MIN	9 KM / 5.6 MI	UP TO 290 M	MEDIUM
Event date	*Duration*	*Distance*	*Elevation*	*Difficulty*

✳ *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, in the Parco Regionale dei Monti Simbruini. We climb Mt. Autore after crossing a beautiful beech forest, in morning hours set amid autumn colors, panoramic views and nature. Warm clothes and a rain jacket are obligatory.

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

Livata (RM) — meet 15 minutes before departure

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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BOOK YOUR PLACE

€49 per person

Estimated finish: about 12:30 pm (back at the meeting point)

★★★★★ **5.0 · 130 Google reviews** **✓ Free cancellation** **✓ Instant confirmation**

Small group · confirmed from 3 participants · English-language guiding

Scan to book
bit.ly/3NkpjuP

More info · **www.natureofsal.com/calendar**

Limited spots available. Terms & conditions apply.

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