



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 JUNE TOURS,
WITH ALL USEFUL INFORMATION.**

FOR MORE DETAILS:

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



Calendar June 2025 Overview

- June 1** Sunset Hike Monte Autore (Sunday) 🚗 – Fresh Mountain Air, Hike in Lazio's biggest Regional Park | 😊
- June 2** Appian Way Hike (Monday, *Holiday in Italy*) 🚶 – 17km/10.5 mi walk along Rome's most epic road | 😊
- June 6** Sunset Yoga + Urban Hike to Rome's Aqueducts Park (Friday) 🚶 | 😊
- June 7** Vertical Thrill (Saturday) 🚶 Very Challenging – A hike up Spartacus' Lepini Mountains | 😬
- June 7** Simple UNESCO forest Hike (Saturday) 🚶 – Beginner-friendly, slow-paced | 😊
- June 8** Yoga + Hike (Sunday) 🚶 – A mindful journey to ancient Tusculum |
- 😊/😊
- June 8** Destination TBC (Sunday) 🚗 | TBC
- June 14** Marmore Falls (Saturday) 🚶 – Experience Europe's biggest man-made falls in the Marmore Park | 😊
- June 15** Wild Abruzzo: Prato Capito (2000m altitude) 🚗 – Wilderness, a stunning valley and mountain vistas | 😊
- June 15** Mt. Soratte: The Divine Mountain 🚗 – Hike up the mysterious Mt. Soratte, once an island | 😊
- June 21** **Private Event**
- June 22** Premium Hike in Abruzzo: Gole di Aielli-Celano – Italy's Grand Canyon (helmets, permit included) |
- 😊/😬
- June 28** Destination TBC 🚶 | TBC
- June 29** Wild Lazio: Monte Gennaro 🚗 – Scottish-style highlands, beech forests, free roaming horses | 😊

-
- 🚶 = accessible by public transport
 🚗 = requires a car (*we facilitate carpooling*)

Difficulty levels:

- 😊 = Easy/beginner-friendly
 😊 = Mild effort
 😊 = Medium/You'll feel it/Requires good fitness
 😬 = Pretty demanding/Requires very good fitness
 🚶🔥 = For serious hikers / Experts only

Unsure about your fitness level?

Contact us for a quick assessment to see if the hike suits you::



Whatsapp: +39 351 70 60 636

All hikes are conducted by a professional hiking guide. Experiences are in English only unless specified otherwise.

Did you know? We also organize private, tailor-made experiences!

Good to know: Your discount also applies to our private events!

Our personalised hiking experiences, from hikes in the mountains, to birdwatching experiences on islands, offer the freedom to explore nature at your own pace, with an itinerary tailored to your interests, fitness level, and schedule. Whether you're seeking solitude, a romantic escape, or a meaningful group outing, our private hikes ensure a deeper connection to the landscape and local culture. With expert guidance and attention to every detail, you enjoy a stress-free, immersive experience – designed just for you.




Nature of Sal

WILD LAZIO MT. AUTORE

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

All year round!

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Member of **Aigge** ITALIA ASSOCIATA Partnerships **EXPATS ROME**



Sunset Experience Lazio's biggest regional park Mt. Autore



Sunday, June 1, 6pm

Join on a hike through a peaceful beech forest, gradually ascending Mt. Autore, surrounded by golden light and crisp mountain air. As we return, the sunset will paint the sky – filling the landscape and your spirit with awe. Your guide: Sal (listed as an official park guide of the Simbruini Park)

Medium difficulty.

For more info: www.natureofsal.com/calendar

Limited spots available. Requires a car. 🚗. We facilitate carpooling. Terms and conditions apply

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




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APPIAN WAY

An Epic Hike Through History

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

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HikeLine:
This hike is easily accessible by train!




natureofsal.com
★★★★★

Google
5.0 (97 reviews)

Trustpilot
Excellent (10 reviews)

AI acquisition international
Best Guided Day Hikes Provider 2025 - Rome
Customer Service Excellence Award 2025

It was a highlight of our trip!
Magnificent Day Together !!! Walking the Appian Way with Sal is an incredible opportunity to experience history complete with stories (and poems) ancient ruins, beauty, nature and with a talented, thoughtful and engaging guide. It was a highlight of our trip! Thank you Sal for creating such a wonderful and memorable experience.
– Laura (via GetYourGuide)



Republic Day: Monday Trek Appian Way Rome's hidden gems



Monday, June 2, 8.30am (Holiday in Italy)

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. One of your last chances to join this Appian Way hike before we pause it in July and August due to the summer heat. Medium difficulty. Your guide: Sal

For more info: www.natureofsal.com/calendar

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



Nature of Sal In collaboration with Mary Deutsch, Yoga Instructor

YOGA & ZEN HIKE

HikeLine:
Easily reach this experience using public transport!

Reconnect with Nature, Body & Mind

Easy difficulty – Suited for beginners
Accessible by train from Rome.

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ZEN TREK (Sunset Hike)

Reconnect with Nature, Body & Mind



Friday, June 6, 4.15pm

"Ancient volcanoes shaped this landscape through heated elements and similarly we will seek the fire within as we practice a yoga flow themed on the solar plexus, the seat of fire within the body. The practice will be followed by a short cleansing meditation helping us to embrace our inner power." Your guides: Mary (Yoga), Francesco A. (Hiking Guide).

Suited for beginners. Accessible by public transport.

For more info: www.natureofsal.com/calendar

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

*Note: The experience will be confirmed once we have reached a minimum of 5 participants




Nature of Sal

SPARTACUS' MOUNTAINS

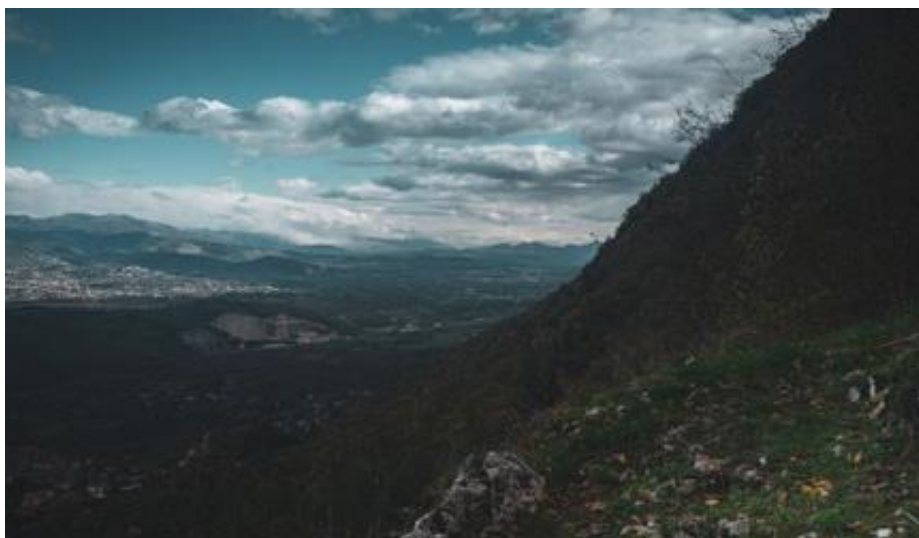
HikeLine:
This hike is easily accessible by train!

Discover the Lepini Mountains

Medium / Difficult difficulty – Requires overall good fitness
Accessible by train.

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Vertical Challenge Spartacus' Lepini Mountains Sgurgola (Hike by train)



Saturday, June 7, 09.45am

VERTICAL LAZIO: Discover history and nature on a hike in Sgurgola, a scenic village in Lazio's Sacco Valley, once a fortress said to be founded by Spartacus. Today, it quietly embraces the ruins of its castle, offering a peaceful escape and a glimpse into the layered past of rural central Italy. Your guide: Francesco

Medium/Challenging difficulty. Requires very good fitness.

For more info: www.natureofsal.com/calendar

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

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FOREST WALK

A UNESCO nature experience

Easy difficulty – Suited for beginners
Accessible by train from Rome.

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A Unique UNESCO Forest

Explore a rare primeval beech forest in Oriolo



Saturday, June 7, 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.

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.



Yoga & Hike in Frascati

A Mindful Journey

Hike by train



Sunday, June 8, 10.30am


Just 30 minutes by train from Rome: Ancient volcanoes shaped this landscape through heated elements and similarly we will seek the fire within as we practice a yoga flow themed on the solar plexus, the seat of fire within the body. The practice will be followed by a short cleansing meditation helping us to embrace our inner power.

Your guides: Mary (Yoga), Francesco (Hiking Guide). Moderate level.

For more info: www.natureofsal.com/calendar

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

*Note: The experience will be confirmed once we have reached a minimum of 5 participants

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MARMORE FALLS

Umbria's Secret Treasures

HikeLine:
This hike is easily accessible by train!

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

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Waterfall Experience Marmore Falls (Umbria) Hike by train



Saturday, June 14, 9.30am

Marmore Falls: Visit the largest man-made waterfall in the world, created by the Romans in 271BC. With its 165m (541 feet), its tiered fall is something you will certainly remember! Accessible by train and bus from Rome.

Your guide: Sal

For more info: www.natureofsal.com/calendar

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




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WILD ABRUZZO REMOTE WILDERNESS

A hike above 2000 meters / 6560 feet!

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

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



Sunday, June 15, 9am

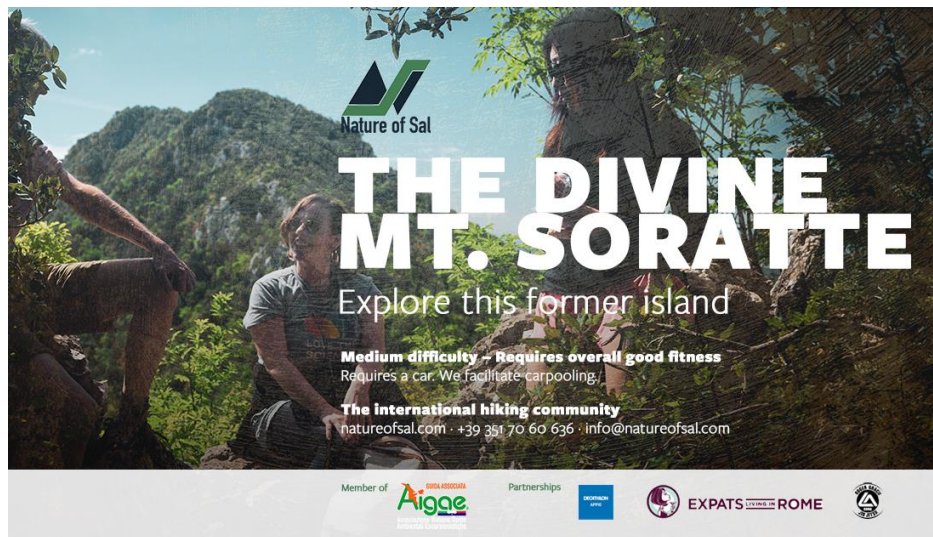
WILD ABRUZZO EXPERIENCE: Join us for a hike surrounded by wilderness, as we start to explore a beech forest, make our way past a valley, to end up above 2000 m / 6560 ft with a stunning view of the mountains surrounding us! Your guide: Sal

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



The Divine Mountain Monte Soratte Sant'Oreste



Sunday, June 15, 09.00am

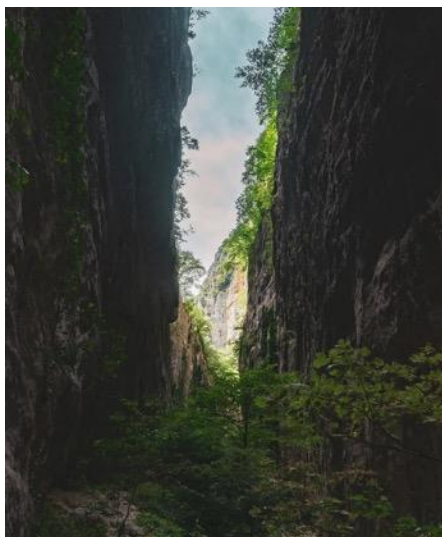
Rome's secret and surprising mountain: If you love a real mountain feel, without committing to traveling far away from Rome, then you will love Monte Soratte. Less than an hour away from Rome, it will surprise you with its incredible views, diversity, and history. Your guide: Francesco

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 5 participants



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ABRUZZO CANYON EXPERIENCE

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

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



Premium Hike Abruzzo's Grand Canyon Gole di Aielli-Celano



Sunday, June 22, 9.00am


Join us for an unforgettable adventure immersed in nature's splendor at our Canyon Exploration Event, just over an hour outside of Rome. Get ready to experience the breathtaking beauty of a deep valley, following the "Gole di Aielli-Celano".

Medium to Challenging Difficulty. Requires very good fitness.

Your guide: Sal. We provide helmets and access permit (required).

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.






HIGHLANDS MT. GENNARO

Amid free-roaming horses

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

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Lazio's Secret Highlands Monte Gennaro / Zappi Amid free-roaming horses



Sunday, June 29, 9am

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.

Your guide: Sal. Medium difficulty.

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.



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)