



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 FEBRUARY 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.

Snowshoes included! ❄️



Snowshoeing / Snow Walk Experience winter slowly and safely.



Your guide: Sal

Sunday, February 1, 8, 15 and 21 – 9am

🕒 4 - 5 h 🧥 max. 7–10 km/4–6mi ↗️ Elevation up to 350m/1148ft 🧡

Medium

Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed. Destinations vary, based on snow. In some locations, a warm meal at a mountain refuge may be available.

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

This guided snowshoe walk takes you through snow-covered forests, rolling hills, and open landscapes in Lazio's largest regional park. All gear is included, along with insurance. Designed for those looking for a deeper, more immersive nature experience.

For more info: www.natureofsal.com/calendar

Limited spots available. Terms and conditions apply.

No car required! 😊



Nature of Sal

Icelandic vibes, Etruscan tales Forest + Volcanic Springs A hike from Manziana



Your guide: Sal

Saturday, February 7, 10.15am

🕒 5.5 h 🏔️ ~11 km/6.8mi ⬆️ Elevation up to 128m/419ft 🧗 Medium

Step into the mystical Macchia Grande oak forest, a dramatic landscape once consecrated to Manth, Etruscan god of the underworld. On this loop hike, you'll discover sacred sites, bubbling sulfur springs, and ancient pathways while a certified AIGAE nature guide shares stories of mythology, geology, and ecology.

Accessible by public transport from Rome and Viterbo 🚶

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



Ventotene Island Urban Hike Island of Legends: Birds, Bourbons + the Birth of Europe



Saturday, February 14 – 11.30am

🕒 3.5 hours 🏃 max. 8km/5mi 🍌 Easy

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

Embark on an unforgettable journey across the mysterious island of Ventotene, where breathtaking landscapes meet rich historical legacies. This guided urban hike invites you to explore the island's vibrant natural beauty while uncovering its fascinating past, from its role as a Bourbon penal colony to its connection with the founding of the European Union.

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.



Only 30 min by train
from Rome!



Irish Heritage / Goethe Hike Monte Tuscolo (Frascati) Hike by train



Your guide: Sal

Saturday, February 14 – 9.30am

⌚ 4 h 🏔️ 9 km/5.5mi ↗️ Elevation up to 320m/1049ft 🍷 Medium

If you love to explore a different side of Frascati, make your way up to a beautiful viewpoint on the ridge of a dormant volcano, while learning about the Regional Park, famous travelers who visited Frascati hundreds of years ago, the history of Frascati and the chance to grab an aperitivo after our hike, then this event is FOR YOU!

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.



Rome's Secret Nature Park

Urban hike through the Caffarella Park



Your guide: Sal

Saturday, February 21 – 9.30am

🕒 3 hours 🏞️ max. 8km/5mi 🍌 Easy

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

“Explore ancient ruins, streams, meadows, and wildlife. This tour is perfect if you like to explore nature within Rome, perfect also for beginners and families with kids!”

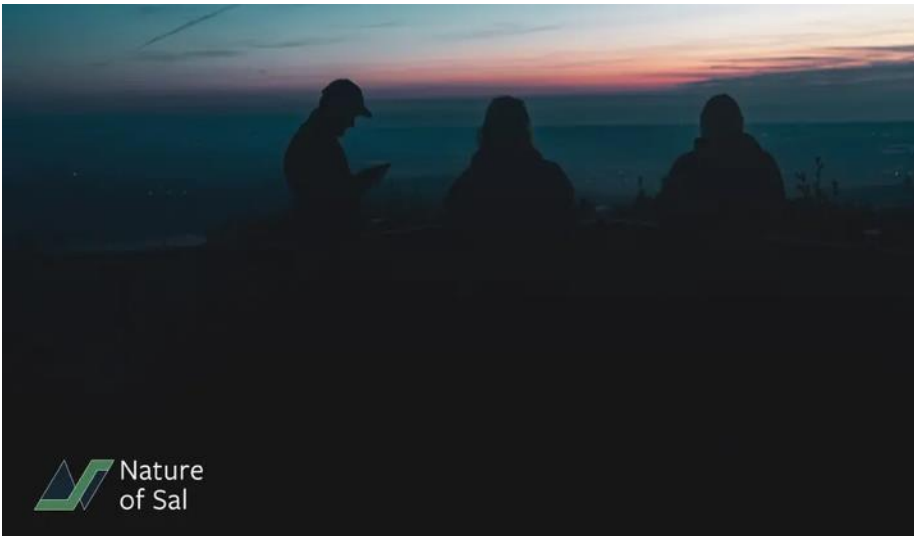
Accessible by public transport from Rome 🚆

For more info: www.natureofsal.com/calendar

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



Special Event!



On top of Lazio Lakeview Evening Hike & Outdoor BBQ



Saturday, February 28 – 9.30am

⌚ 5.5 hours 🏔️ 16km/9.9mi ↗️ Elevation up to 560m/1837ft 🧡 Medium+ Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

Starting from Albano Laziale Train Station, we'll guide you on a scenic trail that winds through the enchanting Woods of Diana, rich with myth and legend. Our final destination is the summit of Monte Cavo, where panoramic vistas await. Here, we'll set up a cozy BBQ, creating the perfect moment to relax, connect, and savor local flavors.*

*This experience is organized in partnership with Bar Le Frascette, ensuring an authentic and high-quality experience.

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)



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)