



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

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



Birdwatching with zoologist Start your weekend with calm, focus, and birdsong.



Saturday, January 10 – 6.30am

🕒 3 hours 🧥 max. 8km/5mi 🍌 Easy

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

This gentle, guided morning walk invites you to slow down and discover birdwatching through the seasons in one of Rome's most surprising natural refuges. Led by a zoologist and certified hiking guide, you'll explore the Caffarella Valley — a vast green corridor where wildlife, pastoral landscapes, and history coexist just minutes from the city center. Beginner friendly and ideal if you're looking for a peaceful, screen-free reset.

Accessible by public transport from Rome 🚶

For more info: www.natureofsal.com/calendar

Limited spots available. Terms and conditions apply.

Beginner and family friendly! 🧡



Nature of Sal

FOREST WALK

A UNESCO nature experience

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

The international hiking community
natureofsal.com • +39 351 70 60 636 • info@natureofsal.com

Member of **Aigoe** Partnerships **EXPATS ROME**



A Unique UNESCO Forest Step away from the city and into deep calm.



Saturday, January 10 – 10.30am

🕒 3 hours 🏞️ max. 9km/5.5mi 🧡 Easy

This half-day guided hike leads you through a rare, primeval 150-year-old beech forest protected by UNESCO — a place of quiet, space, and fresh air.

Suited for beginners and families, this experience is designed to be restorative rather than demanding. A chance to walk, talk, or simply enjoy nature at an unhurried pace.

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



Beginner friendly! 😊



ROME'S AQUEDUCTS

Walk through history while reconne
with nature.



Sunday, January 11 – 9.30am

⌚ 3 hours 🏞️ max. 9km/5.5mi 🍌 Easy

This guided experience brings you face to face with Rome's monumental aqueducts – an awe-inspiring blend of ancient engineering, open landscapes, and storytelling. A relaxed, beginner-friendly walk that offers both cultural depth and the simple pleasure of moving outdoors, away from screens and schedules. Ideal if you want something enriching, social, and easy-going, while exploring lesser-known parts of Rome.

Accessible by public transport from Rome 🚶

For more info: www.natureofsal.com/calendar

Limited spots available. Terms and conditions apply.

Snowshoes included! ❄️



Snowshoeing / Snow Walk Experience winter slowly and safely.



Sunday, January 18 + 25 – 9am

🕒 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. In some locations, a warm meal at a mountain refuge may be available.

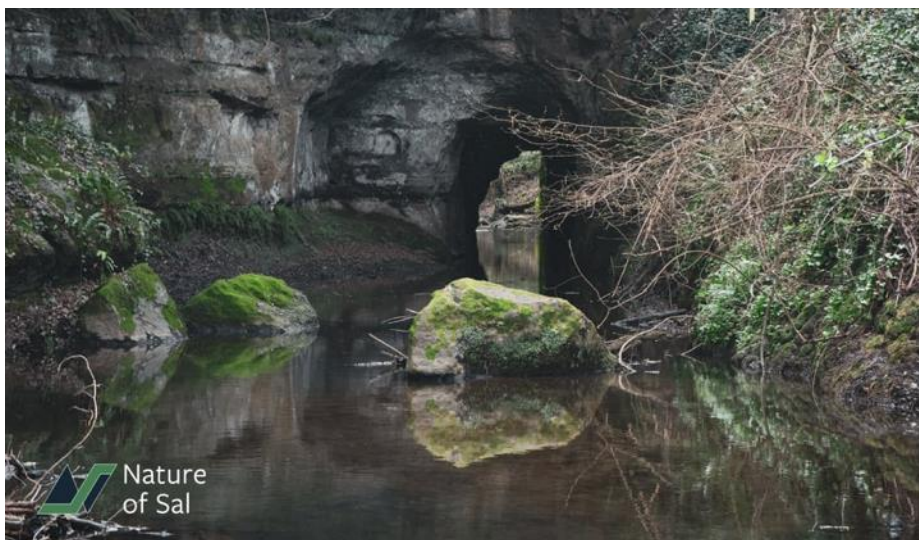
Requires a car. 🚗 We facilitate carpooling. First come, first serve.

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.

Long walk
(17km/10.5 mi)! 🧭



The Last Etruscans: Veio

A full-day immersion
into wild landscapes.



Saturday, January 31 – 8.30am

🕒 6 hours 🧭 max. 17km/10.5mi ↗ Elevation 230m/754ft 🧗 Medium

This is our most physically engaging experience this month, best suited for those comfortable with longer walks (or if you're preparing for a Camino, e.g. St. James Way). This long but rewarding guided hike leads you through Veio Regional Park, past waterfalls, rivers, and remnants of the ancient Etruscan civilization.

Accessible by public transport from Rome 🚗

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)



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)