



## IN COLLABORATION WITH



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

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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](mailto:fao-staff-coop@fao.org)
- REQUEST YOUR PERSONALIZED **DISCOUNT CODE**
- CHOOSE YOUR TOUR ON [www.natureofsal.com/calendar/](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 OCTOBER TOURS,  
WITH ALL USEFUL INFORMATION.**

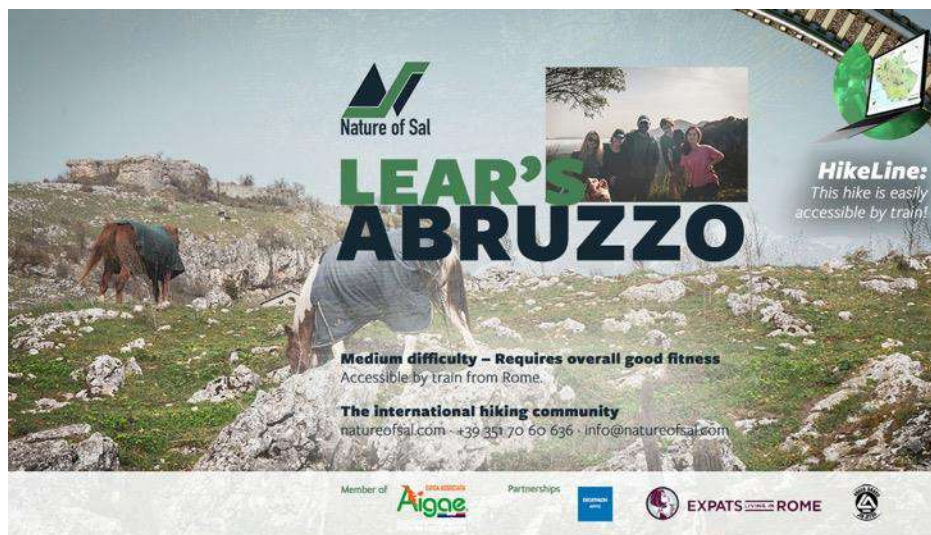
#### FOR MORE DETAILS:

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**(+39) 351 70 60 636** [info@natureofsal.com](mailto:info@natureofsal.com)

Circonvallazione Casilina 34, Rome [natureofsal.com](http://natureofsal.com)

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



## Wild Abruzzo (by train) Tagliacozzo Waterfall, Views, Saints



**Saturday, October 11, 10am**


Experience the wild beauty of Abruzzo, less than 2 hours from Rome and conveniently accessible by train. Starting in the charming town of Tagliacozzo, we follow ancient trails along rivers and waterfalls through a small canyon, climb to the evocative ruins of the Castle of Tagliacozzo—immortalized by Edward Lear. Your guide: Sal

Medium difficulty.

For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)

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






**Nature of Sal**

# WILD LAZIO MT. GEMMA

Discover the Lepini Mountains

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

**The international hiking community**  
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Member of  Partnerships  **EXPATS ROME** 



## Last Wilderness Frontiers Mt. Gemma Lepini Mountains Range



**Sunday, October 12, 8.30am**

This is a rewarding mountain for active newcomers and seasoned hikers who love hiking in remote areas. Along the way, your guide shares natural and cultural insights, helping you connect deeply with the environment while keeping you safe and confident on the trail.  
Your guide: Sal

Medium difficulty.

For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)

Limited spots available. Requires a car. 🚗 We facilitate carpooling (please reach out before booking). Terms and conditions apply.





## Birdwatching amid dunes Torre Flavia Wetlands By train from Rome



**Saturday, October 18, 08.15am**


This exclusive series, led by a zoologist and certified hiking guide, takes you to the dunes of Marina di Cerveteri, accessible by public transport from Rome! Witness how bird species change throughout the year and deepen your understanding of local ecosystems – all while enjoying an immersive, small-group adventure. Your guide: Katharina Herta Urach

Easy difficulty.

For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)

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




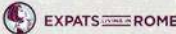
**VOLCANIC**

**Diana's Forest and Lakes**

**HikeLine:**  
This hike is easily accessible by train!

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

**The international hiking community**  
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## The majestic Alban Hills Albano Laziale by train

Hike among two volcanic lakes and forests



**Saturday, October 18, 9.30am**

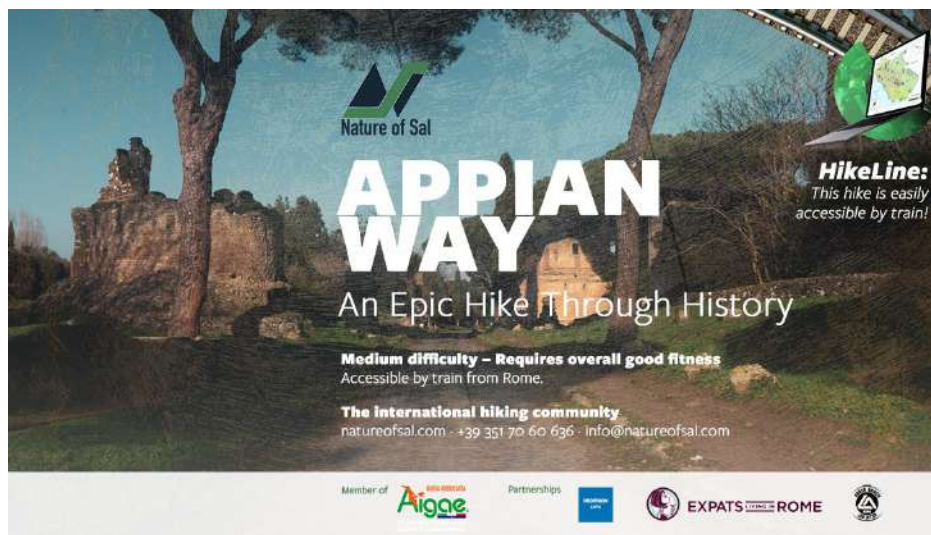
Trade the city for the hills of the Castelli Romani, birthplace to Romulus and Remus. Hike ancient crater rims between the volcanic lakes of Albano and Nemi, near the Pope's summer residence in Castel Gandolfo. Your guide: Sal

Medium difficulty.

For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)

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





# Long Trek Appian Way Rome's hidden gems



**Saturday, October 19, 8.30am**

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. Long walk (17km/10.5mi)

For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)

Limited spots available. Accessible by train. Terms and conditions apply.  
 Train departs at 7.54am from Rome Termini.






**UMBRIA  
NERA VALLEY  
& MEDIEVAL NARNI**

**HikeLine:**  
This hike is easily  
accessible by train!

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

**The international hiking community**  
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Member of  Partnerships  **EXPATS IN ROME** 



## Umbria Series Nera Valley + Medieval Narni Hike by train



**Saturday, October 25, 09.30am**

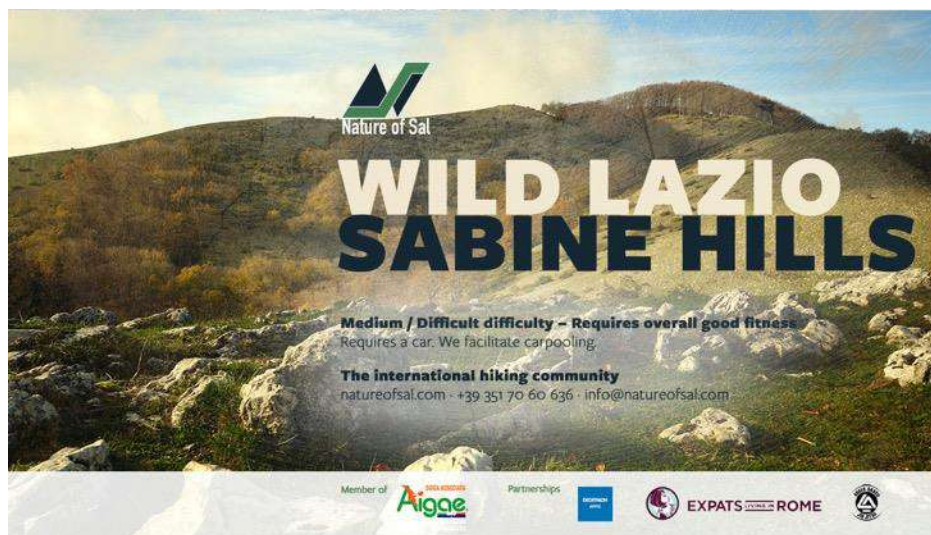
Join us for an unforgettable adventure immersed in nature's splendor at our Umbria Exploration Day, outside of Rome (in Umbria). Get ready to experience the breathtaking beauty of the Nera River Valley, following an abandoned train track, and exploring the charming, medieval Narni on our way back. Your guide: Sal

Medium difficulty.

For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)

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





## Last Wilderness Frontiers Wilderness hike & Refuge Hike in Northern Lazio



**Sunday, October 26, 8.30am**

Expect a rewarding mix of steady ascents, forest shade, and open ridgelines. Along the way, your guide will share natural history, local stories, and tips on observing wildlife, plants, and geology that make this corner of Lazio particularly beautiful and fascinating. A highlight will be a food stop at a refuge along the way. Your guide: Sal

Medium to Difficult.

For more info: [www.natureofsal.com/calendar](http://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)



#### 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)