



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 APRIL TOURS,  
WITH ALL USEFUL INFORMATION.**

FOR MORE DETAILS:

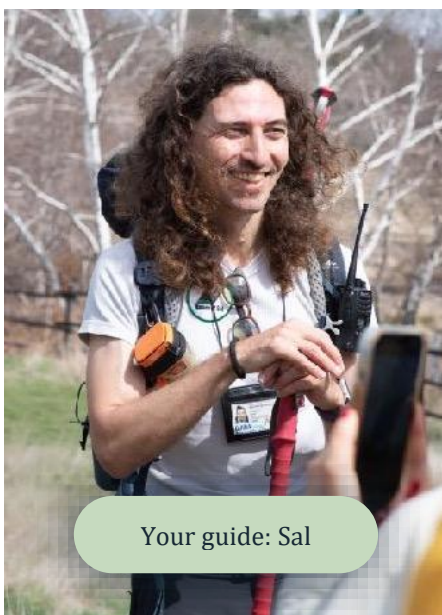
**(+39) 351 70 60 636** [info@natureofsal.com](mailto:info@natureofsal.com)

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.



## A relaxing hike amid dunes Torre Flavia Wetlands By train from Rome



Your guide: Sal

Saturday · April 4 · 09.15am

🕒 3.5 hours 🏞️ 8km/5mi ↪️ Flat coastal trail 🟡 Easy

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

This relaxing hike 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: Sal

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



**Nature of Sal**

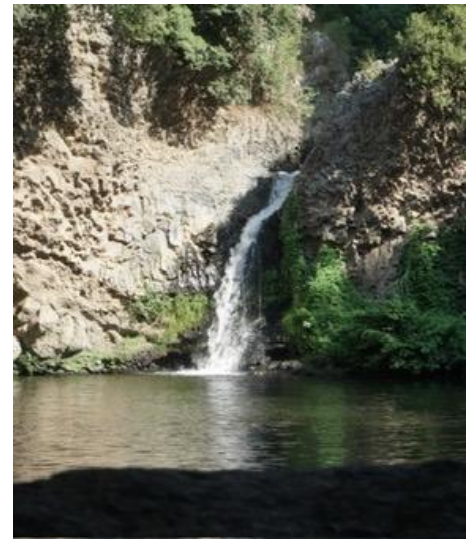
# 5 WATERFALL EXPERIENCE

## LAZIO'S AMAZZONIA

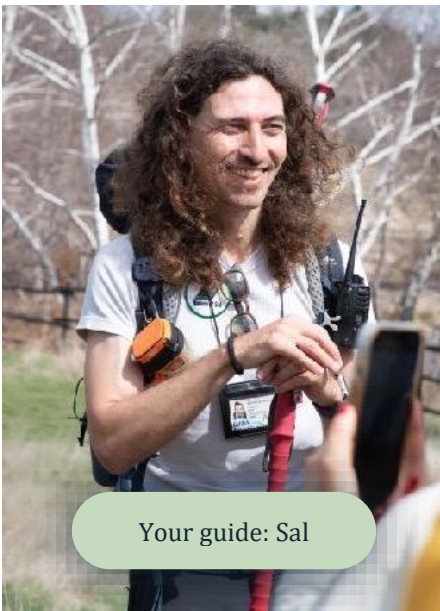
**Medium difficulty – Requires overall good fitness**  
Requires a car. We facilitate carpooling.

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

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



## 5 Waterfalls Experience Lazio's "Amazonas" Wild Cerveteri



Your guide: Sal

Sunday · April 5 · 9am

🕒 6 hours 📏 14km/8.7mi 📈 Elevation up to 210m/689ft 🧗 Medium  
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

Etruscan Falls: We start our hike in the mystic area outside the Banditaccia necropolis, with tombs hidden inside a little forest – from there we'll make our way to a series of waterfalls, all hidden away in another part of the forest. Medium difficulty. Requires good fitness.

Requires a car. 🚗 We facilitate carpooling. First come, first serve  
For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)  
Limited spots available. Terms and conditions apply.



## Nature, History & Flavors Macchiatonda Reserve & Pyrgi Archeological Site



Your guide: Alessandro

Saturday · April 11 · 9.30am

🕒 6 hours 📏 12km/7.5mi 🏞️ Flat coastal trail 🍌 Easy

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

Explore Lazio's Etruscan Coast on this full-day guided trek from Castello di Santa Severa. Enjoy exclusive access to the Pyrgi archaeological site, walk volcanic black sand beaches, and reach Macchiatonda Regional Nature Reserve, a key coastal ecosystem of central Italy.

Accessible by public transport from Rome 🚗

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

Limited spots available. Terms and conditions apply.



**Nature of Sal**

# WILD LAZIO MT. AUTORE

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

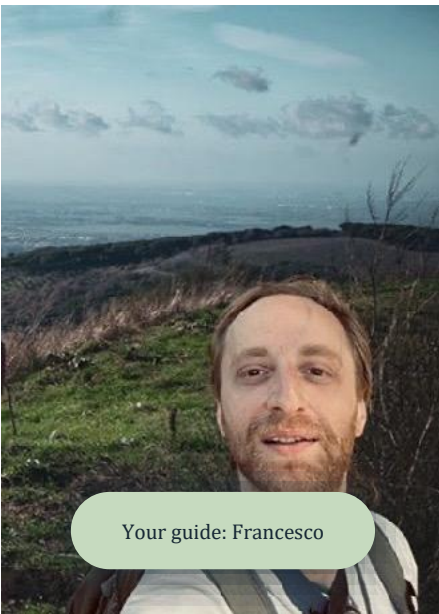
All year round!

The international hiking community  
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## Wild Lazio for everyone Simbruini Regional Park Mt. Autore Experience



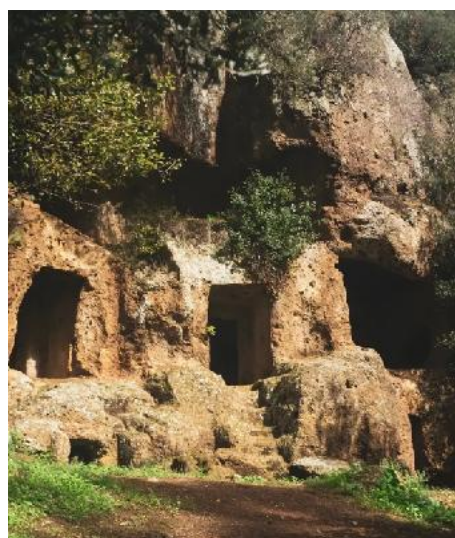
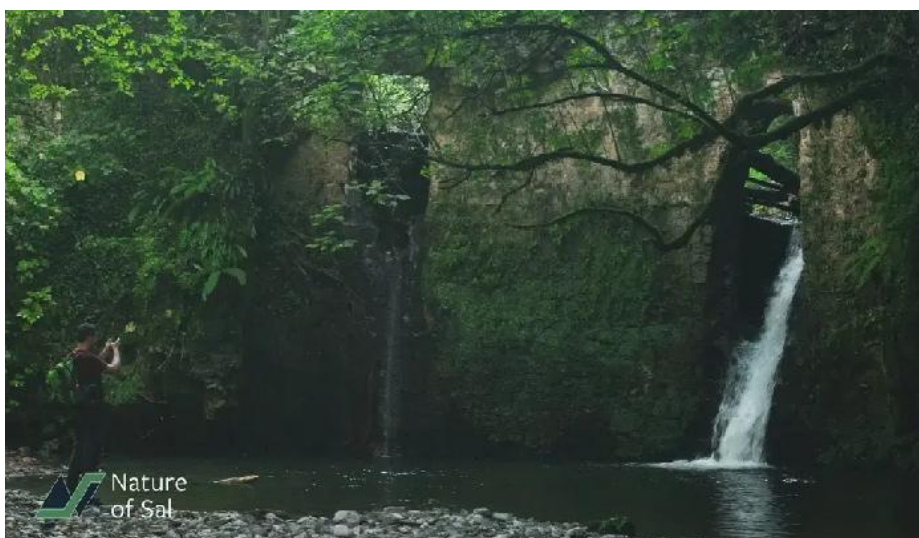
Your guide: Francesco

Sunday · April 12 · 9.30am

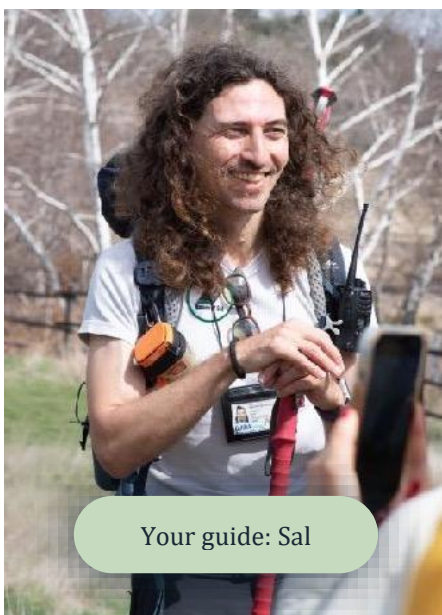
🕒 3.5 hours 📏 9km/5.5mi ↗ Elevation up to 290m/951ft 🧡 Medium  
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

Join us for a special experience in the largest regional park in Lazio, the Parco Regionale dei Monti Simbruini. We'll make our way up Mt. Autore after crossing a beautiful beech forest, where we'll enjoy the stunning views in the morning hours, set amid beautiful spring colors.

Requires a car. 🚗 We facilitate carpooling. First come, first serve  
For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)  
Limited spots available. Terms and conditions apply.



## Epic Etruscan Hike Italy's "Shortest" Camino Indiana Jones Vibes await!



Your guide: Sal

Sunday · April 19 · 9am

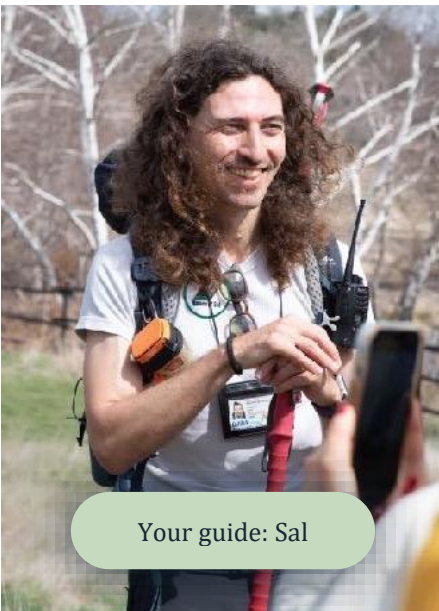
🕒 7 hours 🏞️ 18-20km/11-12.4mi 🧗 Medium/Challenging  
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

This challenging yet rewarding walk/pilgrimage leads you through the heart of Lazio's stunning countryside full of Etruscan tombs, connecting three historic villages. A real adventure! Think: river crossings, valleys, forests and lots of fun!

Requires a car. 🚗 We facilitate carpooling. First come, first serve  
For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)  
Limited spots available. Terms and conditions apply.



# Umbria Experience Goethe's Spoleto & Monteluco Hike by train from Rome



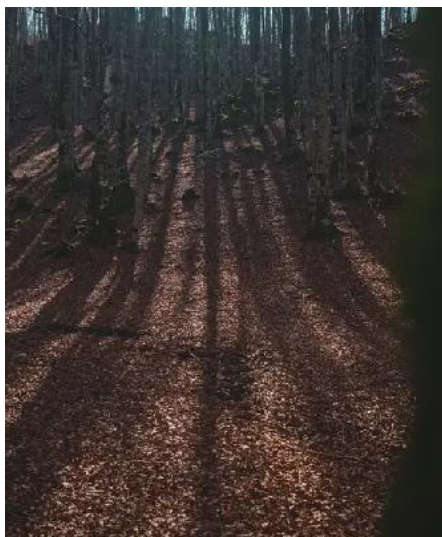
Your guide: Sal

Saturday · April 25 · 9.15am

🕒 4.5 hours 🏔️ 12km/7.5mi ↗️ Elevation up to 500m/1640ft 🧗 Medium  
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

A 4.5-hour meditative, scenic hike through Spoleto's sacred woods and the Franciscan Convent of Monteluco as you retrace the footsteps of Goethe.

Accessible by public transport from Rome 🗺️  
For more info: [www.natureofsal.com/calendar](http://www.natureofsal.com/calendar)  
Limited spots available. Terms and conditions apply.



# Wild Lazio Experience Nature Walk (Spring Edition) Simbruini Regional Park



Sunday · April 26 · 9am

🕒 5 hours 🏔️ 9km/5.6mi ↗️ Elevation up to 350m/1148ft 🧗 Medium  
Experience confirmed with a minimum of 4 participants. Automatic full refund if not confirmed.

Immerse yourself in the colors and silence of autumn with this guided hike through the highlands of the Monti Simbruini Regional Park, starting from the charming mountain hamlet of Campaegli. It's a true celebration of nature's seasonal change, just 1.5 hours from Rome.

Requires a car. 🚗 We facilitate carpooling. First come, first serve  
For more info: [www.natureofsal.com/calendar](http://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)



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)