

# our calendar

Welina mai me ke aloha! Our Daylife offerings are designed to immerse you in all the elements that make us who we are, focused on conscious living in harmony with our natural world.

## SEEDLINGS aloha camp

Private offerings of dynamic playful experiences. This camp is a hub of imagination and discovery, creating an environment where kids can simply be kids.

Daily | 9am-4pm  
Mondays | 5pm-8pm



RESERVATIONS REQUIRED  
FOR AGES 6-12

## aloha hours

Saturday-Monday  
10am-10:30am

\*Children must be accompanied by a guardian.

## ahiahi • evenings

NAPO'O ANA O KA LĀ  
SUNSET HULA 🌅  
Welina Terrace,  
Sunset time varies

KAUA'I'S MUSIC SCENE 🎵  
The Sandbox  
Mondays, 5pm-8pm

Welina Terrace  
Thursday-Saturday,  
5pm-8pm

BBQ & TUNES 🎵  
The Sandbox  
Every 2nd & 4th Friday  
5pm-8pm

ALL AGES 🌱  
Designed with families in mind, all ages welcome.  
Children must be accompanied by a guardian.

TEEN-FRIENDLY 🌱  
ADDITIONAL FEE AND NO-SHOW FEE APPLIES 🚫  
A full no-show fee per person applies if not canceled  
at least 24 hours before the start of the event.

## lāpule • sunday

**SUNRISE PILATES**  
Beachside mat-based class  
concentrated on control and flow.  
Meet at Anatomy, 6:25am-7:20am  
\*Available only on 6/23 and 6/30

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease  
pain, relax muscles, and  
boost circulation.  
Hala, 8am-8:50am

**METABOLIC MELTDOWN**  
Plyometric training for  
maximum calorie burn.  
Hala, 3:30pm-4:20pm  
\*Unavailable 6/23 and 6/30

## SEEDLINGS

**'OHANA MARINE LIFE MAGIC** 🌱  
An engaging and wondrous walk  
through our neighboring tidepools.  
Seedlings Basecamp, 10am-11am

**'OHANA MOVES** 🌱  
Get the whole family moving and  
grooving with a fun-filled workout.  
Hala, 11:30am-12:20pm, Age 5+

**'OHANA DESIGNED BY NATURE** 🌱  
A variety of crafts inspired by the  
ocean, mountains, and Kaua'i's  
natural beauty.  
Kaulu Hale, 2pm-3pm

## 'ohana activity room

Indoor fun with games and  
activities. Visit concierge for details  
10th Floor  
Daily, 9am-5pm

## pō'akahī • monday

**SUNRISE PILATES**  
Beachside mat-based class  
concentrated on control and flow.  
Meet at Anatomy, 6:25am-7:20am

**1 BEACH**  
Beachside movement session  
featuring the Albizia Gym.  
Meet at Anatomy, 7:55am-8:50am  
\*Unavailable on 6/24

**HULA, HAWAIIAN DANCE**  
Embody the island's  
cultural dance.  
Kaulu Hale, 8:30am-9:30am

**LONGEVITY**  
Integrations for pain-free  
movement and optimal  
function.  
Anatomy, 9am-10am

**LAU HALA  
BRACELET WEAVING** 🌱 🚫  
Learn a new craft & the cultural  
tradition behind it.  
Kaulu Hale, 10am-11am, Age 8+

**GLUTE CAMP**  
Leg workout for strength  
and definition.  
Hala, 11:30am-12:20pm  
\*Unavailable on 6/24

**THE PERFECT MAI TAI** 🚫  
Master the mixology secrets  
behind this drink.  
1 Kitchen, 3pm-4pm, Age 21+

**YIN YOGA**  
Guided restorative yoga  
for holistic reset.  
Hala, 5pm-5:50pm

## SEEDLINGS

**'OHANA NATURE WALK** 🌱  
Stroll amidst lush foliage and  
gentle ocean breezes.  
Seedlings Basecamp,  
10am-11am

**'OHANA LEI MAKING** 🌱  
Learn a new craft & the  
cultural tradition behind it.  
Kaulu Hale, 2pm-3pm

## pō'alua • tuesday

**SUNRISE SLOW FLOW**  
Beachside transitional asanas.  
Meet at Anatomy, 6:55am-7:50am

**METABOLIC MELTDOWN**  
Plyometric training for  
maximum calorie burn.  
Hala, 8:30am-9:20am  
\*Unavailable on 6/25

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease  
pain, relax muscles, and boost  
circulation.  
Hala, 11:30am-12:20pm  
\*Unavailable on 6/25

**BREATH OF LIFE**  
Breathing techniques & posture  
alignment workshop.  
Hala, 1pm-2pm

**PHOTOGRAPHY HIKE** 🌱 🚫  
Learn tips for capturing  
breathhtaking nature imagery on  
your iPhone or camera.  
Porte Cochère, 1pm-4pm  
Personal transportation required

**PRECISION PILATES**  
Mat-based class concentrated on  
control and flow.  
Hala, 5pm-5:50pm

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An engaging and wondrous walk  
through our local tidepools.  
Seedlings Basecamp, 10am-11am

**'OHANA DESIGNED BY NATURE** 🌱  
A variety of crafts inspired by the  
ocean, mountains, and Kaua'i's  
natural beauty.  
Kaulu Hale, 2pm-3pm

## pō'akolu • wednesday

**SUNRISE VINYASA**  
Beachside asanas linked  
with the breath.  
Meet at Anatomy, 6:55am-7:50am

**BODY TEK**  
Dynamic movement session  
aimed to challenge from  
all angles.  
Anatomy, 9am-10am

**BILL HAMILTON POINT  
OF VIEW** 🌅  
Talk story and epic surf tales  
with a surf legend.  
Neighbors, 10am-11am  
\*Available only on 6/5

**SOUL SWEAT**  
Heated conscious bootcamp-  
style workout.  
Hala, 11:30am-12:20am

**MINDFUL MIXOLOGY  
MASTERCLASS** 🚫  
Indulge with intention as you  
craft delicious sustainable sips  
with 818 Tequila.  
Welina Terrace, 3pm-4pm,  
Age 21+

**1 RESET** 🚫  
Sink into a cloud cushion while  
syncing to binaural beats.  
Hala, 5pm-6pm

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Stroll amidst lush foliage and  
gentle ocean breezes.  
Seedlings Basecamp, 10am-11am

**'OHANA LEI MAKING** 🌱  
Learn a new craft and the  
cultural tradition behind it.  
Kaulu Hale, 2pm-3pm

## pō'ahā • thursday

**SUNRISE SLOW FLOW**  
Beachside transitional asanas.  
Meet at Anatomy, 6:55am-7:50am

**1 BOX**  
Intense cardio boxing workout.  
Hala, 3:30pm-4:20pm

**PAINT AND SIP** 🌱 🚫  
Watercolor workshop paired  
with wine.  
Kaulu Hale, 4pm-6pm, Age 10+  
\*Unavailable on 6/6

**KAUA'I TALK STORY**  
Inspired by the beauty of  
nature around us, join us for  
an engaging talk story.  
Neighbors, 4pm-5pm  
6/6: Friends of Kaua'i  
Wildlife Refuges  
6/20: The Nature Conservancy

**HAPPY HOUR SUNSET  
GOLF CART TOUR** 🚫  
Soak in the sunset and share a  
toast to the most spectacular  
views of the 18-hole Princeville  
Makai course.  
5pm

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Get the whole family moving and  
grooving with a fun-filled  
workout class.  
Hala, 11:30am-12:20pm, Age 5+

**'OHANA DESIGNED BY NATURE** 🌱  
A variety of crafts inspired by the  
ocean, mountains, and Kaua'i's  
natural beauty.  
Kaulu Hale, 2pm-3pm

## pō'alima • friday

**SUNRISE VINYASA**  
Beachside asanas linked  
with the breath.  
Meet at Anatomy, 6:55am-7:50am

**METABOLIC MELTDOWN**  
Plyometric training for maximum  
calorie burn.  
Hala, 8:30am-9:20am

**GUIDED HIKE BEGINNER** 🌱 🚫  
Follow the footsteps  
of a local expert.  
Porte Cochère, 9:25am-12:30pm

**MINDFUL MOMMA FLOW +  
MEDITATION** 🚫  
Guided prenatal yoga promoting  
relaxation and connection with  
body and baby.  
Hala, 10am-11am

**GLUTE CAMP**  
Leg workout for strength  
and definition.  
Hala, 11:30am-12:20pm

**BARRE-LESS SCULPT**  
Set to upbeat tunes, a mat-based  
class to strength the core, thighs,  
and glutes.  
Hala, 5pm-5:50pm

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**'OHANA LEI MAKING** 🌱  
Learn a new craft and the  
cultural tradition behind it.  
Kaulu Hale, 2pm-3pm

## pō'aono • saturday

**1 BOX**  
Intense cardio boxing workout.  
Hala, 7am-7:50am

**1 BEACH**  
Beachside movement session  
featuring the Albizia Gym.  
Meet at Anatomy, 8:25am-9:20am

**SOUL SWEAT**  
Heated conscious bootcamp-style  
workout.  
Hala, 11:30am-12:20pm

**BARRE-LESS SCULPT**  
Set to upbeat tunes, a mat-based  
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Kaulu Hale, 2pm-3pm

Printed on 100% PCW paper

## private offerings 🚫

Daily, By Appointment

Personalized consultations and guided trainings with a  
Body Architect. Stop by Anatomy or email our team at  
anatomy.hanalei@1hotels.com to book your session.



These popular offerings fill up fast, so please  
secure your reservations early; walk-ins can  
only be accommodated when space permits.  
While all offerings are subject to change or  
are condition-contingent, we can  
recommend many alternatives —  
rain, shine or rainbows!

RESERVATIONS REQUIRED  
PLEASE SCAN QR CODE TO RESERVE

## huaka'i adventures 🏝️

### GUIDED & SELF-GUIDED EXPERIENCES

By Appointment, Honoiki Beach  
\*Excursions are weather and surf permitting

**PADDLE UP**  
**SURF LESSONS**  
**SNORKELING**  
**OUTRIGGER PADDLE CANOE TOURS**  
**RIVER KAYAKING**

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## golf & tennis club 🏌️🎾

**DRIVING RANGE**  
Daily, Makai Golf Course

**18 HOLES AT PRINCEVILLE MAKAI**  
Daily, 5am-8pm

**SUNSET TOUR**  
Monday-Friday,  
By Appointment  
Sunset time varies

**PICKLEBALL**  
Monday, Wednesday, Friday  
9am (beginners only),  
3pm (all levels)  
Tuesday & Thursday,  
3pm (all levels)



## audi excursions

### DRIVE SUSTAINABLY FORWARD WITH THE OFFICIAL VEHICLE OF 1 HOTELS TEST DRIVE

The fully electric Audi e-tron is available daily to explore the natural beauty of Kaua'i through our Audi Excursions.  
By Appointment, Reserve with Concierge

### EXCURSIONS 🏝️

Limahuli Garden & Preserve  
Anaina Hou Community Park  
Lydgate Farms Chocolate Tour  
By Appointment, Reserve with Concierge

### HOUSE CAR

Wednesday-Sunday, 9am-5pm  
The house Audi e-tron is available on a first come, first served basis from the hotel entrance for drop off service in the Princeville area.

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## mālama · give back

### GIVE BACK TO THE COMMUNITY THROUGH PASSION AND PURPOSE.

#### WE CARE KAUA'I

Select from wildlife protection programs, coastal cleanups, trail and fish pond restorations, and taro patch remediation. Learn more via [WeCareKauai.org](https://www.wecarekauai.org)

#### SURFRIDER KAUA'I NET PATROL AND BEACH CLEANUPS

Days and Locations Vary  
Learn more <https://kauai.surfrider.org/events>  
For details call 808.635.2593

#### FIELD TRIP WITH SHELTER DOGS

Daily, By Appointment  
Share the love with pups who need it most. Visit [kauaihumane.org/service/field-trips](https://www.kauaihumane.org/service/field-trips) to reserve your date.

#### PLEDGE FOR OUR KEIKI

Sign the pledge, a commitment to respect, care, and protect Hawai'i. Browse our initiatives on [KanuHawaii.org](https://www.kanu-hawaii.org)

#### 4OCEAN

Leave things better than you found it as you explore Kaua'i's beautiful beaches. Ocean bags for marine debris pick-up available at Porte Cochère.

For activities, visit concierge or call 1-808.826.9644.

## kaua'i's premier activites 🏝️

### HELICOPTER TOURS

Experienced pilots unveil Kaua'i's hidden wonders on this awe-inspiring aerial adventure.

### LŪ'AU

Experience captivating hula dances, lively music, thrilling fire-knife performances, and an authentic feast of Hawaiian flavors.

### CATAMARAN SNORKEL

Encounter dolphins, sea turtles, and tropical fish on this unforgettable day cruise.

### SUNSET SAIL

Choose between a leisurely sunset sail on Kaua'i's south shore or indulge in a delectable dinner cruise featuring breathtaking views of the majestic Nāpali Coast.

### ISLAND TOUR

Let local guides take the wheel as you explore Kaua'i's diverse beauty. View iconic locations such as Spouting Horn, Waimea Canyon, and Fern Grotto.

### NĀPALI COAST RAFTING ADVENTURE

On a high-speed raft tour, discover hidden sea caves and cruise alongside dolphins.

### KAYAKING

Paddle along the gentle waters of the Wailua River. Learn legends and discover Kaua'i's diverse flora and fauna from expert local guides.

### ATV ADVENTURE

Explore stunning ocean vistas and thrilling off-road trails on a guided ATV tour of Kaua'i's captivating terrain.

### FISHING

Cast your line from a local deep-sea fishing charter & experience the thrill as you reel in prized catches, including Marlin, Ono, Ahi & more.

### ZIPLINE ADVENTURE

Embark on a thrilling zipline adventure as you soar across tropical treetops, tumbling waterfalls, lush valleys, and even famous movie sites.

### SURFING

Paddle out and learn the Hawaiian art of surfing. Seasoned instructors provide group or private lessons.

### BOTANICAL GARDENS

Experience an oasis of biodiversity as you wander through lush gardens at one of Kaua'i's stunning botanical gardens.

### COMMON GROUND FOOD FOREST & DINNER EVENT

Explore regenerative farming with a working food forest followed by a plant based dinner experience.



# guiding your stay

June 2024

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HOTEL  
hanalei bay

1HOTELS.COM/HANALEI-BAY  
@1HOTEL.HANALEIBAY