

NATURE’S
RHYTHM

Our wellness experiences invite you to move with intention, embrace moments of restoration, and reconnect with what matters most. Through mindful movement, recovery therapies, and nature-inspired rituals, discover wellbeing rooted in the beauty and rhythms of Hanalei Bay.

LONGEVITY & RENEWAL
By Reservation
Bamford Wellness Spa,
Anatomy Fitness & Vitality Kaua’i
Support long-term vitality through advanced diagnostics, restorative therapies, and personalized wellness insights designed to optimize cellular health, recovery, and healthy aging.

- VO₂ Max & InBody Assessment
- Private Strength & Mobility Session
- Hyperbaric Oxygen Therapy
- Infrared Sauna
- Hawaiian Herbal Body Treatment
- DEXA Scan and Consultation
- Glutathione IV Infusion

NEURO FITNESS
By Reservation
Bamford Wellness Spa,
Anatomy Fitness & Vitality Kaua’i
Enhance focus, mental clarity, and resilience through a thoughtfully designed experience combining movement, meditation, recovery therapies, and cognitive wellness support.

- Private Body Architect Session
- Contrast Therapy
- Somadome Meditation Pod
- Ocean Float Experience
- IV Infusion

JET LAG RESET
By Reservation
Vitality Kaua’i
Arrive, unwind, and feel like yourself again. Our Jet Lag Recovery IV is personalized by Vitality Kaua’i’s physician-led team with fluids, electrolytes, and vitamins designed to help you rehydrate and restore your energy after a long flight. Add it to your stay now to receive a complimentary Normatec compression session to boost circulation and ease stiff, swollen legs. Best enjoyed on your day of arrival or the following morning.

KAUA’I’S RENEWAL

Every thoughtful choice helps support Kaua’i’s recovery. By shopping local and exploring local experiences, you help sustain the families and small businesses that make our island so special. As you explore, we invite you to tread lightly—supporting businesses that have reopened while giving others the time they need to recover. Mahalo for being part of Kaua’i’s continued renewal.

To reserve excursions and activities, visit [concierge](#) or call 808.826.9644

AUDI
EXCURSIONS

Drive sustainably forward with the official vehicle of 1 Hotels

TEST DRIVE
During your stay, explore the natural beauty of Kaua’i with a test drive in a fully electric Audi e-tron.
By appointment, reserve with concierge

EXCURSIONS
Common Ground Kilauea
Anaina Hou Community Park
Limahuli National Tropical Botanical Gardens
Lydgate Farms Chocolate Tour
By appointment, reserve with concierge

HOUSE CAR
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.
Tuesday–Saturday, 9am–5pm

GOLF &
TENNIS CLUB

DRIVING RANGE
Princeville Makai Golf Course
Daily, 7am–4pm

9 OR 18 HOLES AT PRINCEVILLE MAKAI
Daily tee times 8:05am–3:25pm

SUNSET GOLF CART TOUR
Monday–Friday, sunset time varies

PICKLEBALL
Drop-ins Mon, Weds & Fri
9am (beginners only), 3pm (all levels)
Tues & Thurs
3pm (all levels) or courts available by reservation

TENNIS
Daily, 8am–4pm, courts available by reservation

HUAKA’I
ADVENTURES

OCEAN EXPERIENCES
Stand-Up Paddle Boards
Bodyboards
Snorkeling
River Kayaking
Outrigger Canoe Tours
Visit Beach Activities Hale, Honoiki Beach
**Excursions and rentals are weather and surf permitting*

CRUISER & E-BIKES
Porte Cochere
Daily, by Reservation

MĀLAMA
GIVEBACK

Give back to the community through passion and purpose

HAWAII LAND TRUST COASTAL RESTORATION
First Sunday of the month or by appointment, Kahili Preserve.
Learn more [hilt.org/volunteer](#)
Days and locations vary

SURFRIDER KAUA’I NET PATROL AND BEACH CLEANUPS
Learn more at [kauai.surfrider.org/events](#)
For details call 808.635.2593
Days and locations vary

FIELD TRIP FOR SHELTER DOGS
Share the love with pups who need it most. Visit [kauaihumane.org](#) to reserve your date.
By reservation

WE CARE KAUA’I
Select from wildlife protection programs, coastal cleanups, and trail restorations.
Learn more via [WeCareKauai.org](#)

MARINE DEBRIS CLEAN-UP
Leave things better than you found them as you explore Kaua’i’s beautiful beaches. Ocean bags for marine debris pickup available at Porte Cochère.

KAUA’I’S
BUCKET LIST

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

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 OR SUNSET SAIL
Choose between a leisurely sail on Kaua’i’s south shore or indulge in a delectable dinner cruise featuring breathtaking views of the 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.

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

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.

RESERVATIONS
REQUIRED

Please scan QR code to reserve



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!

guiding
your stay
NOVEMBER

1
HOTEL
hanalei bay

SEEDLINGS
ALOHA CAMP

Our licensed camp for children ages 5–12 years is a hub of imagination and discovery, creating an environment where kids can simply be kids.

ALOHA CAMP

Monday–Saturday
Seedlings Basecamp

Full day, 9am–3pm
Half day: 9am–12pm, 12pm–3pm

KEIKI EVENING CAMP

Monday & Thursday, 5pm–8pm

Reservations required
Available for ages 5–12

ALOHA HOUR

Tuesday & Friday, 1pm–2pm
Children must be accompanied by a parent/guardian.

‘OHANA ACTIVITY ROOM

Daily, 8am–8pm
Please see front desk for key access.

WELLNESS

BAMFORD WELLNESS SPA

Daily, 9am–6pm

VITALITY KAUA‘I MED SPA

Monday–Saturday, 9am–5pm

ANATOMY GYM

Daily, 24 hours

RESTAURANTS
& BARS

1 KITCHEN

Breakfast | 6:30am–10:30am
Lunch | 11:30am–3pm
Dinner | 5:30pm–9pm
Bar | 10:30am–10pm
Sunday Brunch | 12pm–3pm

SUNRISE NOURISHMENT BAR

6:30am–11am

WELINA TERRACE

Bar | 4pm–10pm
Bites | 4pm–9pm
Live Music | 6pm–9pm

THE SANDBOX

Tuesday–Wednesday
Bar | 10am–6pm
All Day Dining | 11am–5pm

Thursday–Monday

Bar | 10am–8pm
All Day Dining | 11am–5pm
Dinner | 5:30pm–8pm

NEIGHBORS

5:30am–3pm

WAI‘OLI

12pm–5pm

WELINA MAI ME KE ALOHA! OUR DAYLIFE OFFERINGS ARE DESIGNED TO IMMERSE YOU IN THE ELEMENTS THAT MAKE US WHO WE ARE, FOCUSED ON LIVING IN HARMONY WITH OUR NATURAL WORLD.

SUNDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am–7:50am

KŪPONO E-BIKE TOUR

Kaua‘i trails, wildlife and living stories.
Porte Cochère, 8am–10am

YIN YOGA

Quiet the mind, relax the body, and reset.
‘Ulu, 9am–9:50am

‘OHANA LEI MAKING

Discover the art of ti-leaf lei making.
Kaulu Hale, 9am–10am
*Unavailable 11/1

ARTISAN MARKET

Featuring local makers and artisans.
Lobby, 9am–1pm

1 BOX

Boxing fundamentals and bag training.
Anatomy, 10am–10:50am
*Unavailable 11/8

LAU HALA BRACELET WEAVING

Traditional weaving of Pandanus leaves into wearable art.
Kaulu Hale, 10:30–11:30am
*Unavailable 11/1

GYM JUMPSTART

Beginner full-body strength circuit.
Anatomy, 11am–11:50am

WAFF FLOW

Stability, mobility, proprioception.
‘Ulu, 1pm–1:50pm

GLUTE CAMP

Lower-body strength and definition.
Anatomy, 3pm–3:50pm

KEIKI BUBBLE HOUR

Bubbles and games for keiki.
The Sandbox Lawn, 2pm–3pm

1 STRETCH

Mobility and body awareness.
‘Ulu, 4:30pm–5:20pm

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 6:15pm

MONDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am–7:50am

CORAL REEF TALK

Caring for our reef and sea life.
Beach Activities Hale, 8:30am–9am

GUIDED HIKE BEGINNER

Follow the footsteps of a local expert.
Porte Cochère, 8:45am–12pm
*Guests responsible for own transportation

RESTORATIVE YOGA

Therapeutic yoga for deep relaxation.
‘Ulu, 9am–9:50am

HULA, HAWAIIAN DANCE

Embody the island’s cultural dance.
Kaulu Hale, 9am–10am
*Unavailable 11/2

‘UKULELE MOMENTS

Strum, play and embrace Hawaiian melodies.
Kaulu Hale, 10:30am–11:30am
*Unavailable 11/2

METABOLIC MELTDOWN

Plyometric training for max burn.
Anatomy, 11am–11:50am

MOVEMENT AS MEDICINE

Movement for vitality, balance, and wellbeing.
‘Ulu, 12pm–12:50pm

1 TRAINING CAMP

Unlock power, speed, and agility.
Anatomy, 3pm–3:50pm

HYBRIDX

Strength and endurance training for overall athleticism.
‘Ulu, 4:30pm–5:20pm

KEIKI EVENING CAMP

A cozy indoor film experience for kids.
Seedlings Basecamp, 5pm–8pm
*Ages 5–12

TUESDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am–7:50am

KŪPONO E-BIKE TOUR

Kaua‘i trails, wildlife and living stories.
Porte Cochère, 8am–10am

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 9am–9:50am

NATURE WALKING MEDITATION

Reset and reflect.
Meet at Anatomy, 9am–9:50am

THE ART OF LĀ‘AU LAPA‘AU

Discover the traditions of Hawaiian herbalism through a guided plant walk and hands-on herbal oil-making experience, connecting with native plants, ancestral knowledge, and the ‘āina.
Meet at Kaulu Hale, 9:30am–11am
*Available 11/17 & 11/24

YOGA SCULPT

High-intensity yoga and strength.
‘Ulu, 12pm–12:50pm

REFORMER CIRCUIT

Fast-paced training for cardio and endurance.
Fitness Hale, 1pm–1:50pm

SEEDLINGS ALOHA HOUR

Discover the Seedlings experience.
Seedlings Basecamp, 1pm–2pm

THE TIMELESS MAI TAI

Tropical cocktail secrets.
Welina Terrace, 1:30pm–2:20pm, Age 21+

LEI MAKING

Create your own traditional lei.
Kaulu Hale, 3pm–3:50pm

MAT PILATES

Focused on control and flow.
‘Ulu, 3pm–3:50pm

GLUTE CAMP

Lower-body strength and definition.
Anatomy, 3pm–3:50pm

MYOFASCIAL RELEASE

Relax muscles and boost circulation.
‘Ulu, 4:30pm–5:20pm

WEDNESDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am–7:50am

CORAL REEF TALK

Caring for our reef and sea life.
Beach Activities Hale, 8:30am–9am

GUIDED HIKE BEGINNER

Follow the footsteps of a local expert.
Porte Cochère, 8:45am–12pm
*Guests responsible for own transportation

NATURE WALKING MEDITATION

Reset and reflect.
Meet at Anatomy, 9am–9:50am

1 BOX

Boxing fundamentals and bag training.
Anatomy, 9am–9:50am

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am–1pm

TALK STORY WITH BILL HAMILTON

Surf stories with a legendary surfer.
Neighbors, 10am–11am
*Available 11/4 & 11/18

KETTLEBELL FLOW

Full-body HIIT workout.
Anatomy, 11am–11:50am

YIN YOGA

Quiet the mind, relax the body, and reset.
‘Ulu, 12pm–12:50pm

KEIKI BUBBLE HOUR

Bubbles and games for keiki.
The Sandbox Lawn, 2pm–3pm

1 TRAINING CAMP

Unlock power, speed, and agility.
Anatomy, 3pm–3:50pm

1 STRETCH

Mobility and body awareness.
‘Ulu, 4:30pm–5:20pm

THURSDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am–7:50am

KŪPONO E-BIKE TOUR

Kaua‘i trails, wildlife and living stories.
Porte Cochère, 8am–10am

STRESS MANAGEMENT MEDITATION

Guided meditation for calm and focus.
‘Ulu, 9am–9:50am

HYBRIDX

Strength and endurance training for overall athleticism.
‘Ulu, 9am–9:50am
*Unavailable 11/5

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am–1pm

YOGA SCULPT

High-intensity yoga and strength.
‘Ulu, 11am–11:50am

GYM JUMPSTART

Beginner full-body strength circuit.
Anatomy, 1pm–1:50pm
*Unavailable 11/5

KETTLEBELL FLOW

Full-body HIIT workout.
Anatomy, 3pm–3:50pm

DARK SKY BIRD CONSERVATION SERIES

Every fall, young Newell’s Shearwaters take flight. Learn how simple changes can help protect their journey to sea.
Neighbors, 3pm–4pm
*Available 11/5 & 11/12

PAINT AND SIP

Watercolor and wine workshop.
Kaulu Hale, 4pm–6pm

1 RESET

Binaural weightless meditation.
‘Ulu, 4:30pm–5:20pm

KEIKI EVENING CAMP

A cozy indoor film experience for kids.
Seedlings Basecamp, 5pm–8pm
*Ages 5–12

FRIDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am–7:50am

CORAL REEF TALK

Caring for our reef and sea life.
Beach Activities Hale, 8:30am–9am

GUIDED HIKE BEGINNER

Follow the footsteps of a local expert.
Porte Cochère, 8:45am–12pm
*Guests responsible for own transportation

YIN YOGA

Quiet the mind, relax the body, and reset.
‘Ulu, 9am–9:50am

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am–1pm

1 BOX

Boxing fundamentals and bag training.
Anatomy, 10am–10:50am
*Unavailable 11/6

GYM JUMPSTART

Beginner full-body strength circuit.
Anatomy, 11am–11:50am

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 11am–11:50am

WAFF FLOW

Stability, mobility, proprioception.
‘Ulu, 1pm–1:50pm

SEEDLINGS ALOHA HOUR

Discover the Seedlings experience.
Seedlings Basecamp, 1pm–2pm

SCULPT PILATES

Pilates with purposeful props and mindful movement.
‘Ulu, 3pm–3:50pm

MYOFASCIAL RELEASE

Relax muscles and boost circulation.
‘Ulu, 4:30pm–5:20pm

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 6:15pm

SATURDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am–7:50am

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am–1pm

YOGA SCULPT

High-intensity yoga and strength.
‘Ulu, 9am–9:50am

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 11am–11:50am

KETTLEBELL FLOW

Full-body HIIT workout.
Anatomy, 11am–11:50am

MOVEMENT AS MEDICINE

Movement for vitality, balance, and wellbeing.
‘Ulu, 12pm–12:50pm

METABOLIC MELTDOWN

Plyometric training for max burn.
Anatomy, 1pm–1:50pm

REFORMER CIRCUIT

Fast-paced training for cardio and endurance.
Fitness Hale, 3pm–3:50pm

BACKGAMMON SOCIAL

Roll, play & connect during a relaxed evening of backgammon and friendly competition. All levels welcome.
Neighbors, 4pm–5:30pm

1 RESET

Binaural weightless meditation.
‘Ulu, 4:30pm–5:20pm

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 6:15pm

IN SEASON

Connect more deeply with the island through experiences that celebrate its people, culture, and natural rhythms. From meaningful conversations and gatherings around the table to encounters with local makers and stewards of the land, each experience offers an opportunity to discover the stories that make Kaua‘i so extraordinary.

DARK SKY BIRD CONSERVATION SERIES

As young Newell’s shearwaters take their first journey to the ocean each fall, reducing light pollution helps keep their natural flight path guided by the moon.
Neighbors, Thursdays, 3pm–4pm
*Aailable 11/5 & 11/12

THE ART OF LĀ‘AU LAPA‘AU

Explore the rich plant traditions of Hawai‘i on a guided walk through the property, then create your own infused herbal oil. Discover the connection between native botanicals, cultural wisdom, and the ‘āina through a mindful, hands-on experience inspired by the natural world.
Meet at Kaulu Hale, 9:30am–11am
*Available 11/17 & 11/24

SUNDAY ARTISAN MARKET

Discover Kaua‘i’s vibrant maker community each Sunday, where local artisans, handcrafted goods, and island stories come together in a celebration of creativity and connection.
Lobby, Sundays, 9am–1pm

ROOTED IN PLACE:

A HARVEST DINNER

Gather for an intimate five-course, wine-paired dinner inspired by the seasonal abundance of Waipā Foundation, celebrating Kaua‘i’s vibrant ingredients, local growers, and connection to the land.
1 Küchen, November 18, 6:30pm

WAIPĀ FOUNDATION:

FOOD & FARM TOURS

In-depth experience of the Hawaiian cultural relationship between people, food and ‘āina (natural resources). Topics vary. Learn more at waipafoundation.org
Hanalei, Weekly



RESERVATIONS REQUIRED

Please scan QR code to reserve

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!



ALL AGES

Designed with families in mind, all ages welcome. Children must be accompanied by a parent/guardian.

TEEN-FRIENDLY

Age 12+

ADDITIONAL FEE AND NO-SHOW FEE APPLIES

A no-show fee per person applies if not canceled at least 24 hours before the start of the event.

NO RESERVATIONS REQUIRED