

## SIP & SAVOR THE SEASON

*Advanced reservations required*

### DEC 24, CHRISTMAS EVE DINNER

Pre-fixe dinner

1 Kitchen, 5:30pm-9pm

### DEC 25, CHRISTMAS DAY

Breakfast buffet

1 Kitchen, 6:30am-10am

Brunch buffet

1 Kitchen, 12:30pm-7pm \*À la carte dining not offered

### Welina Terrace Bar

4pm-9pm, bar 10pm

### DEC 28, SUNDAY BRUNCH

Breakfast buffet

1 Kitchen, 6:30am- 10:30am

Brunch buffet

1 Kitchen, 11:30am- 3pm

### DEC 31, ALOHA 2026

Lunch

1 Kitchen Bar, 11:30am-5pm

Dinner buffet with champagne toast

1 Kitchen, 5pm-9pm

Pre-fixe menu and live music

Welina Terrace, 6pm-1am \*seating begins at 6pm

### Sandbox

Lunch, 11:30am- 5pm

Bar, 10pm- 7pm

### JAN 1, NEW YEAR’S DAY

Breakfast buffet

1 Kitchen, 6:30am-10:30am

### JAN 4, SUNDAY BRUNCH

Breakfast buffet

1 Kitchen, 6:30am- 10:30am

Brunch buffet

1 Kitchen, 11:30am- 3pm

## RESTAURANTS & BARS

### 1 KITCHEN

*\*exceptions may apply*

Breakfast | 6:30am-11am

Lunch | 11:30am-3pm

Dinner | 5:30pm-9pm

Bar | 10:30am-10pm

### SUNRISE NOURISHMENT BAR

6:30am-11am

### WELINA TERRACE

See exceptions above

Bar | 4pm-10pm

Bites | 4pm-9pm

Live music nightly

### THE SANDBOX

See exceptions above

Bar | 10am-8pm

Restaurant | 11:30am-8pm

### SUNSET RITUAL

Friday-Sunday

6pm

### NEIGHBORS CAFE

6am-3pm

### WAI’OLI TREATS

Daily | 11am-5pm

## FESTIVAL OF LIGHTS

Each evening, we invite guests to gather for a beautiful menorah lighting ceremony. As we light the candles, share blessings, and reflect on the significance of this cherished tradition, connect with fellow guests, and create lasting memories in a welcoming atmosphere.

December 21

## TRUNK SHOWS

Embrace the spirit of giving and discover a curated selection of local Hawai’i-based vendors at our exclusive pop-ups and trunk shows, featuring unique gifts.

### GOODTHINGS

9am-2pm

RAEH Collection, Estrella Jewels, Infinite Arts,

Artist in Residence Patrice Pendarvis, Wai’iti Botanicals.

## SPA HOLIDAY SPECIALS

### B SILENT NIGHT COUPLES EXPERIENCE

*80 minutes*

The ultimate deep relaxation gift to experience together consisting of a footbath, back massage, assisted stretches, Shiatsu techniques, and temple balm to enhance sleep and relieve stress.

### HOLIDAY HARMONY HONEY FACIAL

*80 minutes*

Revitalize your skin with tūlasi, honey, and kukui nut oil, smoothing fine lines, reducing inflammation, and leaving a radiant, deeply hydrated glow.

*To learn more and to book, visit Bamford Spa or call.*

### VITALITY KAUAI

Receive a complimentary B12 shot with

any 80-minute Bamford Wellness Spa service

Receive a complimentary wellness consultation with IV therapy.

Monday - Saturday, 9am-5pm

## 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 two-hour test drive in a fully electric Audi e-tron.

*By Appointment, Reserve with Concierge*

### EXCURSIONS

Limahuli Garden & Preserve

Anaina Hou Community Park

Lydgate Farms Chocolate Tour

*By Appointment, Reserve with Concierge*

### HOUSE CAR

Tuesday-Saturday, 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.

## MĀLAMA • GIVE BACK

*Give back to the community through passion and purpose*

### WAIPĀ FOUNDATION

#### FOOD & FARM TOURS

Tues, Weds & Thurs

In-depth experience of the Hawaiian cultural relationship between people, food, and ʻāina (natural resources).

Learn more [waipafoundation.org/food-and-farm-tours](http://waipafoundation.org/food-and-farm-tours)

### HAWAI’I LAND TRUST

#### COASTAL RESTORATION PROJECT

First Sunday of the month or by appointment, Kahili Preserve.

Learn more [hilt.org/volunteer](http://hilt.org/volunteer)

### SURFRIDER KAUAI

#### NET PATROL AND BEACH CLEANUPS

Days and locations vary. Learn more [kauai.surfrider.org/events](http://kauai.surfrider.org/events)

For details call 808.635.2593

### FIELD TRIP FOR SHELTER DOGS

By Reservation

Share the love with pups who need it most. Visit

[kauaihumane.org/service/field-trips](http://kauaihumane.org/service/field-trips) to reserve your date.

### WE CARE KAUAI

Select from wildlife protection programs, coastal cleanups, trail and fishpond restorations, and taro patch remediation. Learn more via [WeCareKauai.org](http://WeCareKauai.org)

### PLEDGE FOR OUR KEIKI

Sign the pledge, a commitment to respect, care, and protect Hawai’i. Browse our initiatives on [KanuHawaii.org](http://KanuHawaii.org)

To reserve excursions and activities, visit concierge or call 808.826.9644

## HUAKA’I ADVENTURES

### OCEAN EXPERIENCES

#### STAND UP PADDLE BOARDS

#### BODYBOARDS

#### SNORKELING

#### RIVER KAYAKING

#### OUTRIGGER CANOE TOURS

Visit Beach Activities Hale, Pu’u Poa Beach

*\*Excursions and rentals are*

*weather and surf permitting*

### CRUISER & MOUNTAIN BIKES

Daily, 9am-4pm, first-come first-served basis

Valet Desk, Porte Cochère

*\*Book online*

## 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 TOUR

Monday-Friday

Sunset time varies

### PICKLEBALL

Drop-ins Mon, Wed, Fri 9am (beginners only),

3pm (all levels); Tue & Thurs, 3pm (all levels) or

courts available by reservation

### TENNIS

Daily, 8am-4pm

Courts available by reservation

### DISC GOLF

Daily, 8:30am-5pm

Available by reservation

## PHOTOGRAPHY

### CORAL PHOTOGRAPHY

Daily, By Appointment. Visit the desk on the

4th floor or email [1hk@coralphotography.com](mailto:1hk@coralphotography.com) to

book your session.

# NATURALLY FESTIVE

DECEMBER 20 - JANUARY 5

1  
HOTEL  
*hanalei bay*

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY



# NATURALLY FESTIVE DECEMBER 20 - JANUARY 5

## SATURDAY

**SUNRISE MOVEMENT**  
Mindful movement for full-body mobility.  
*Meet at Anatomy, 6:55am-7:50am*

**‘OHANA NATURE WALK** 🌿  
Stroll amidst lush foliage and gentle ocean breezes.  
*Sandbox, 8:30am-9:30am*

**HATHA YOGA**  
A gentle, mindful practice restoring balance, flexibility, and inner harmony.  
*Hala, 9:30am-10:20am*

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
*Anatomy, 10:30am-11:20pm*

**THE PERFORMANCE PATH** ♿  
VO2/InBody/consult plus training plan; 30-minute session.  
*Hala 11:30am-2:30pm*  
*\*Available 12/27 & 1/3*

**1 RESET** ♿  
Sink into a cloud cushion while syncing to binaural beats.  
*Hala, 12pm-12:50pm*

**YIN YOGA**  
A slow, grounding practice that restores balance through long-held poses and mindful breath.  
*Hala, 2pm-2:50pm*

**‘OHANA LEI MAKING** 🌿  
Learn a new craft and the cultural tradition behind it.  
*Kaulu Hale, 11am-12pm*

**KEIKI BUBBLE HOUR** 🌿🌿  
Float into the fun with bubbles, playful lawn activities, and festive fun.  
*Sandbox Lawn, 2pm- 3pm*

**1 STRETCH**  
Improve flexibility, mobility, and body awareness for lasting physical well-being.  
*Hala, 4:30pm-5:20pm*

**MENORAH LIGHTING**  
Join in the tradition of the celebration of lights.  
*Reception, 5:30pm*  
*\*Available 12/20*

## SUNDAY

**SUNRISE MOVEMENT**  
Mindful movement for full-body mobility.  
*Meet at Anatomy, 6:55am-7:50am*

**WINTER SOLSTICE FLOATING SOUND BATH** ♿  
Celebrate the Winter Solstice with a soothing sound journey of reflection.  
*Main pool, 7:30am-8:30am*

**KŪPONO E-BIKE TOUR** ♿  
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.  
*Porte Cochère, 8am-10am, Ages 16+*

**‘OHANA MARINE LIFE MAGIC** 🌿  
An engaging and wondrous walk through our local tide pools.  
*Meet at Seedlings, 8:30am-9:30am*

**GLUTE CAMP**  
Lower body workout for strength and definition.  
*Hala, 9:30am-10:20am*

**HOT YOGA**  
Heated flow, focused on effortless transitions between postures or asanas.  
*Hala, 11am-11:50am*

**1 BOX**  
Boxing fundamentals and bag training for all levels.  
*Hala, 11:30am-12:20pm*

**FESTIVE FAIRWAY FOCUS** ♿  
Enhance your holiday Golf precision with a private session focused on strength, mobility and recovery training.  
*Anatomy, 12pm-1pm*  
*\*Available 12/21 & 12/28*

**‘OHANA LEI MAKING** 🌿  
Learn a new craft and the cultural tradition behind it.  
*Kaulu Hale, 2:30pm-3:30pm*

**MYOFASCIAL RELEASE** 🌿 ♿  
Foam roller techniques to ease pain, relax muscles, and boost circulation.  
*Hala, 4:30pm-5:20pm*

**ARTIST IN RESIDENCE: PATRICE PENDARVIS** 🌿  
Immerse yourself in a walking art gallery featuring watercolor works inspired by Hawai’i’s landscapes.  
*Kaulu Hale, 5pm-7pm*  
*\*Available 12/28*

**MENORAH LIGHTING**  
Led by Kaua’i Jewish Center, join our celebration of lights.  
*Ft Alexander, 5:30pm*  
*\*Available 12/14 & 12/21*

## MONDAY

**SUNRISE MOVEMENT**  
Mindful movement for full-body mobility.  
*Meet at Anatomy, 6:55am-7:50am*

**CORAL REEF TALK** 🌿🌿  
Brief Intro to caring for our reef & sea creatures.  
*Beach Activities Hale, 8:30am-9am*

**GUIDED HIKE BEGINNER** 🌞 ♿  
Follow the footsteps of a local expert.  
*Porte Cochere, 8:45am-12pm*  
*\*Responsible for own transportation*

**YOGA SCULPT**  
High-intensity power yoga and strength fusion.  
*Meet at Anatomy, 9am-9:50am*

**HULA, HAWAIIAN DANCE** 🌞  
Embody the island’s cultural dance.  
*Kaulu Hale, Ages 8+, 9am-10am*

**GOLF SWING CLINIC** ♿  
Private swing lessons.  
*Makai Golf Course, 10am-11am*

**SEMI-PRIVATE REFORMER** ♿  
Personalized Pilates session focused on strength & alignment.  
*Hala, 10:30am-11:20pm*

**‘OHANA MOVES** 🌿  
Get the family moving and grooving in a fun, energizing session.  
*Hala, 10:30am-11:20am*  
*\*Unavailable 1/5*

**‘UKULELE MOMENTS** 🌞  
Strum, play and embrace Hawaiian melodies.  
*Kaulu Hale, 10:30am-11:30am*

**GYM JUMPSTART**  
Lower body workout for strength and definition.  
*Hala, 1pm-1:50pm*

**RHYTHMS OF RENEWAL: DETOX**  
Explore biohacks to enhance your circadian rhythm, sleep, mood, and energy.  
*Welina Terrace, 2pm-2:50pm*

**RESTORATIVE PILATES**  
Strengthen, tone, refresh and rejuvenate.  
*Anatomy, 2:30pm-12:50pm*  
*\*Available 12/30*

**ALOHA GLOW: NATURE’S LIP BALM** 🌞 ♿  
Blend nature’s botanicals into a nourishing lip balm.  
*Kaulu Hale, 4pm- 5pm*

**1 STRETCH**  
Improve flexibility, mobility, and body awareness for lasting physical well-being.  
*Hala, 4:30pm-5:20pm*

## TUESDAY

**SUNRISE MOVEMENT**  
Mindful movement for full-body mobility.  
*Meet at Anatomy, 6:55am-7:50am*

**KŪPONO E-BIKE TOUR** ♿  
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.  
*Porte Cochère, 8am-10am, Ages 16+*

**SOUL SWEAT**  
Heated conscious bootcamp-style workout.  
*Hala, 9am-9:50am*

**SEMI-PRIVATE REFORMER** ♿  
Personalized Pilates session focused on strength & alignment.  
*Hala, 10:30am-11:20pm*

**LAU HALA BRACELET WEAVING** 🌞 ♿  
Traditional weaving of Pandanus leaves into wearable art.  
*Kaulu Hale, 10:30am-11:30am, Ages 8+*

**LAND TO BODY OIL WORKSHOP** ♿  
Celebrate the season blending Hawaiian botanicals into your own restorative massage oil.  
*Hala, 11am-11:50am*

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
*Anatomy, 1:30pm-2:20pm*

**THE PERFECT MAI TAI** ♿  
Master the mixology secrets of this tropical cocktail.  
*Welina Terrace, 1pm-2pm, Ages 21+*

**WELLNESS WAYFINDING** 🌿  
Discover healing plants, nourishing flavors, and wellness as a family.  
*Welina Terrace, 2pm-3:30pm, All ages*

**RESTORATIVE PILATES**  
Strengthen, tone, refresh and rejuvenate.  
*Anatomy, 2:30pm-3:20pm*

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease pain, relax muscles, and boost circulation.  
*Hala, 4:30pm-5:20pm*

## WEDNESDAY

**SUNRISE MOVEMENT**  
Mindful movement for full-body mobility.  
*Meet at Anatomy, 6:55am-7:50am*

**CORAL REEF TALK** 🌿🌿  
Brief intro to caring for our reef and sea creatures.  
*Beach Activities Hale, 8:30am-9am*

**GUIDED HIKE BEGINNER** 🌞 ♿  
Follow the footsteps of a local expert.  
*Porte Cochere, 8:45am-12pm*  
*\*Responsible for own transportation*

**NATURE WALKING MEDITATION**  
Move with intention and gratitude, finding peace in nature’s rhythm as you reflect and renew.  
*Hala, 9am-9:50am*  
*\*Available 12/24 & 12/31*

**AHI & WAI YOGA RETREAT** ♿  
A transformative retreat of movement, breath, and ocean energy—honoring the past year while awakening renewal and balance for the one ahead.  
*Hala, 9am-11am*

**‘OHANA LEI MAKING** 🌿  
Learn a new craft and the cultural tradition behind it.  
*Kaulu Hale, 11am-12pm*

**STRESS RESET**  
An immersive experience designed to reduce stress, support clarity, and reset the nervous system.  
*Hala, 11:30am-12:20pm*

**SEMI-PRIVATE REFORMER** ♿  
Personalized Pilates session focused on strength & alignment.  
*Hala, 1pm-1:50pm*

**TEQUILA + MEZCAL TASTING** ♿  
Sample collections curated by our resident tequila expert.  
*Welina Terrace, 1pm-2pm, Ages 21+*

**GLUTE CAMP**  
Lower body workout for strength and definition.  
*Hala, 2:30pm-3:20pm*

**1 STRETCH**  
Improve flexibility, mobility, and body awareness for lasting physical well-being.  
*Meet at Anatomy, 4:30pm-5:20pm*

## THURSDAY

**SUNRISE MOVEMENT**  
Mindful movement for full-body mobility.  
*Meet at Anatomy, 6:55am-7:50am*

**KŪPONO E-BIKE TOUR** ♿  
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.  
*Porte Cochère, 8am-10am, Ages 16+*

**HOT YOGA**  
Heated flow, focused on effortless transitions between postures or asanas.  
*Meet at Anatomy, 9am-9:50am*

**‘OHANA MOVES** 🌿  
Get the family moving and grooving in a fun, energizing blend of laughter, bonding, and fitness.  
*Hala, 10am-10:50am*

**COCONUT HYDRATION** 🌿🌿  
Hydrate with nature's original water bottle- a fresh young coconut!  
*Wai’oli, 10am*  
*\*Available 12/25 & 1/1*

**BLOOM LEI WORKSHOP** 🌿  
Immerse in a floral lei-making experience celebrating connection, creativity, and the spirit of aloha.  
*Concierge Desk, 11am-12:30pm*  
*\*Available 12/25 & 1/1*

**1 RESET** ♿  
Sink into a cloud cushion while syncing to binaural beats.  
*Hala, 12pm-12:50pm*

**SEMI-PRIVATE REFORMER** ♿  
Personalized Pilates session focused on strength & alignment.  
*Hala, 1pm-1:50pm*

**FOOD AS MEDICINE**  
Join our wellness expert to discover the body's natural cleansing cycles to restore sleep, metabolism and mitochondria function.  
*Kaulu Hale, 2pm-2:50pm*

**MAT PILATES**  
Mat-based Pilates class concentrated on control and flow.  
*Hala, 2:30pm-3:20pm*

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease pain, relax muscles, and boost circulation.  
*Hala, 4:30pm-5:20pm*

**PAINT AND SIP** 🌞 ♿  
Watercolor workshop paired with wine.  
*Kaulu Hale, 4pm-6pm*

## FRIDAY

**SUNRISE MOVEMENT**  
Mindful movement for full-body mobility.  
*Meet at Anatomy, 6:55am-7:50am*

**RESTORATIVE MASSAGE WORKSHOP** ♿  
Learn restorative massage techniques to enhance performance and well-being.  
*Hala, 8:30am- 9:20am*

**CORAL REEF TALK** 🌿🌿  
Brief intro to caring for our reef and sea creatures.  
*Beach Activities Hale, 8:30am-9am*

**THE OCEAN EDIT: NATURE’S BATH BOMB** ♿  
Blend aromatherapy and nature in a soap-making experience.  
*Kaulu Hale, 10am-12pm*  
*\*Available 12/26*

**GLUTE CAMP**  
Lower body workout for strength and definition.  
*Hala, 9am-9:50pm*

**SEMI-PRIVATE REFORMER** ♿  
Personalized Pilates session focused on strength & alignment.  
*Hala, 10:30am-11:20pm*

**1 BOX**  
Boxing fundamentals and bag training for all levels.  
*Hala, 11:30am-12:20pm*

**STRESS RESET**  
An immersive audio experience designed to reduce stress, support clarity, and reset the nervous system.  
*Hala, 11:30am-12:20pm*

**GYM JUMPSTART**  
Lower body workout for strength and definition.  
*Hala, 1pm-1:50pm*

**THE INTENTION SESSION**  
A focused, guided experience designed to help you clarify your goals, create meaningful actions, and enter 2026 with purpose and calm energy.  
*Neighbors, 3:30pm-4:20pm*  
*\*Available 1/2*

**1 STRETCH**  
Improve flexibility, mobility, and body awareness for lasting physical well-being.  
*Hala, 4:30pm-5:20pm*

**RESTORATIVE MASSAGE WORKSHOP** ♿  
Learn restorative massage techniques to enhance performance and well-being.  
*Hala, 4:30pm-5:20pm*



## FESTIVE FUN

### SEEDLINGS

### ALOHA CAMP MON- SAT, 9am- 3pm

Immerse your keiki in a fostering environment as we guide your little ones through a journey of pure joy. Offering a dynamic blend of playful experiences, the camp is a hub of imagination and discovery, creating an environment where kids can simply be kids.

### RESERVATIONS REQUIRED FOR AGES 5-12

🌿 ALL AGES: Designed with families in mind, all ages welcome unless otherwise noted. Children must be accompanied by a parent/guardian.

🌞 TEEN-FRIENDLY: Age 13+

♿ 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.

### 🌿 NO RESERVATIONS REQUIRED



**BY DAY**  
‘OHANA ACTIVITY & CINEMA ROOM  
Indoor fun with games and activities.  
Kolea  
8th Floor Daily, 9am-8pm

**TRUNK SHOWS**  
Goodthings, Daily 9am - 2pm

**BY NIGHT**  
KAUA’I’S MUSIC SCENE  
Welina Terrace, Nightly

**S’MORES UNDER THE STARS**  
The Sandbox, Nightly, 7:30pm - 8pm  
*\*Unavailable December 31*

**FESTIVE EVENING FILMS**  
Kolea  
8<sup>th</sup> Floor, Nightly, 5pm-9pm

### FOR THE YOUNG & YOUNG AT HEART

**FESTIVE FACE PAINTING**  
Poolside, Sandbox Lawn, 1pm-2:30pm  
*\*Available December 23 & 24*

**COOKIE DECORATING**  
Kolea, 2pm-4pm, December 21, 28

**ORNAMENT DECORATING**  
Kolea, 10am-12pm, Age 8+, December 22, 23

**A VISIT FROM SANTA CLAUS**  
Kolea, 10am- 1pm, December 23

**KEIKI NEW YEARS COUNT DOWN**  
The Sandbox, 12pm, December 31

## 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!