

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-10:30am

BRUNCH BUFFET
1 Kitchen, 12:30pm-7pm

DEC 28, SUNDAY BRUNCH
BREAKFAST BUFFET
1 Kitchen, 6:30am-10:30am

BRUNCH BUFFET
1 Kitchen, 11:30am- 3pm
Breakfast buffet closes at 10:30am

DEC 31, ALOHA 2026
LUNCH
1 Kitchen Bar, 11:30am-5pm

LUNCH 11:30am-5pm **BAR** 10am-7pm
The Sandbox

DINNER BUFFET WITH CHAMPAGNE TOAST
1 Kitchen, 5pm-9pm

PRE-FIXE MENU AND LIVE MUSIC
Welina Terrace, 6pm-1am *seating begins at 6pm

JAN 1, NEW YEAR'S DAY
BREAKFAST BUFFET
1 Kitchen, 6:30am-10:30am

BRUNCH BUFFET
1 Kitchen, 11:30am- 3pm
Breakfast buffet closes at 10:30am

JAN 4, SUNDAY BRUNCH
BREAKFAST BUFFET
1 KITCHEN, 6:30AM-10:30AM

BRUNCH BUFFET
1 Kitchen, 11:30am- 3pm
Breakfast buffet closes at 10:30am

RESTAURANTS & BARS

**holiday exceptions may apply*

1 KITCHEN*
Breakfast 6:30am-11am
Lunch 11:30am-3pm
Dinner 5:30pm-9pm
Bar 10:30am-10pm

SUNRISE NOURISHMENT BAR
Bar 6:30am-11am

WELINA TERRACE*
Bar 4pm-10pm
Bites 4pm-9pm
Live music nightly

THE SANDBOX*
Bar 10am-8pm
Restaurant 11:30am-8pm

NEIGHBORS CAFE
Bar & Mobile Ordering 6am-3pm

WAI'OLI TREATS
Bar 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 14-21, Reception, nightly at sunset

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

Daily, 9am-2pm

Featured partners include: RAEH Collection, Estrella Jewels, Infinite Arts, Artist in Residence Patrice Pendárvís, 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 tulsí, 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 808.977.1230

VITALITY KAUA'I

Receive a complimentary B12 shot with any 80-minute Bamford Wellness Spa service

Receive a complimentary wellness consultation with IV therapy.

**Available by Reservation, Mon - Sat, 9am-5pm*

To learn more and to book, visit Vitality Kaua'i or call 808.975.6975

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

WAI PĀ FOUNDATION

FOOD & FARM TOURS

Tues, Weds & Thurs

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

Learn more 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

SURFRIDER KAUA'I

NET PATROL AND BEACH CLEANUPS

Days and locations vary. Learn more 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 to reserve your date.

WE CARE KAUA'I

Select from wildlife protection programs, coastal cleanups, trail and fishpond restorations, and taro patch remediation. Learn more via WeCareKauai.org

PLEDGE FOR OUR KEIKI

Sign the pledge, a commitment to respect, care, and protect Hawai'i. Browse our initiatives on 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 to

book your session.

NATURALLY FESTIVE

DECEMBER 20 - JANUARY 5

1
HOTEL
hanalei bay

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY

NATURALLY FESTIVE

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 for weightless meditation 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 Hawai‘i’s traditional ti leaf lei.
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
**Available 12/21*

KŪPONO E-BIKE TOUR 🚲
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaula‘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 **Avail 12/28*

MENORAH LIGHTING
Led by Kaula‘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 understanding and 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 yoga & 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 🏌️
Group 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 & definition.
Hala, 1pm–1:50pm

RHYTHMS OF RENEWAL: DETOX
Join our wellness expert to discover the body’s natural cleansing cycles to restore balance for sleep, metabolism and more.
Welina Terrace, 2pm–2:50pm

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

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

DECEMBER 20 - JANUARY 5

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 Kaula‘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, Avail 12/30

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 understanding and 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 Kaula‘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, 11:30am–12:20pm

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

LAVA MALA BEAD JOURNEY 🍹🌞
Create custom lava bead malas with essential oils, combining mindfulness and Hawaiian volcanic energy.
Kaulu Hale, 2pm–3pm

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, 9am–9:50am

CORAL REEF TALK 🌿🌿
Brief intro to understanding and 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 & 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 **Avail 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

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, 8th Floor, Nightly, 5pm–9pm

FIRE RITUAL
The Sandbox, Fri, Sat, Sun, 6:30pm

FOR THE YOUNG & YOUNG AT HEART

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

COOKIE DECORATING
Kolea, 8th floor, 2pm–4pm
**Available December 21, 28*

ORNAMENT DECORATING
Kolea, 8th floor, 10am–12pm, Age 8+, Available December 22, 23

A VISIT FROM SANTA CLAUS
Kolea, 8th floor 10am–1pm
** Available 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!

