

special events audi excursions

CHEFS BY NATURE

A collaboration between our culinary team and Chef Melissa King consisting of demo classes and a charity dinner. Visit concierge for details.
April 12-14, Times Vary

EARTH MONTH BEACH CLEAN-UP

April 20, 7am-11:30am
Lydgate Beach Park, Main Pavilion

KANU HAWAII E ALA E

A ceremonial sunrise chant
April 22, Sunrise
Hikina A Kala Heiau, Lihue

EARTH DAY NATIVE TREE PLANTING

April 22, 9am-12pm
Limahuli Garden & Preserve

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

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)

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.

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

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 TRIPS WITH SHELTER DOGS

Daily, By Appointment
Share the love with pups who need it most. Visit kauaihumane.org/service/field-trips to reserve your animal.

PLEDGE FOR OUR KEIKI

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

4 OCEANS

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.

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

Set sail aboard a local deep-sea fishing charter & experience the thrill as you cast your line and reel in prized catches, including marlin, Ono, Ahi (tuna), mahi mahi, and 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.

For activities, visit concierge or call 1-808.826.9644.

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HOTEL
hanalei bay

guiding your stay april 2024

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

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 hour

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

GREET THE SUN SLOW FLOW

Beachside transitional asanas
Meet at Anatomy, 6:25am-7:20am

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

EARTH HARMONY SOUND SANCTUARY 🌱

Immerse yourself in sound, while honoring the Earth with mindfulness, reflection, and gratitude for its resources.
Hala, 5pm-6pm

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

'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

GREET THE SUN 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

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+

THE PERFECT MAI TAI 🌱

Master the mixology secrets behind this drink
1 Kitchen, 3pm-4pm,
Age 21+

GLUTE CAMP

Leg workout for strength and definition
Hala, 3:30pm-4:20pm

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 MOVES 🌱

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

'OHANA LEI MAKING 🌱

Learn a new craft & the cultural tradition behind it
Kaulu Hale, 2pm-3pm

pō'alua • tuesday

GREET THE SUN SLOW FLOW

Beachside transitional asanas
Meet at Anatomy, 6:55am-7:50am

KETTLEBELL FLOW

High-intensity ballistic muscle workout
Anatomy, 8:30am-9:20am

COFFEE CURIOSITIES

A chat on the history of mastering the perfect cup of coffee
Welina Terrace, 10am-11am

MYOFASCIAL RELEASE

Foam roller techniques to ease pain, relax muscles, and boost circulation
Hala, 11:30am-12:20pm

BREATH OF LIFE

Breathing techniques & posture alignment workshop
Hala, 1pm-2pm

PHOTOGRAPHY HIKE 🌟🌱

Camera tips to capture the best shots on your adventures
Porte Cochère, 1pm-4pm
Personal transportation required

METABOLIC MELTDOWN

Plyometric training for maximum calorie burn
Hala, 3:30pm-4:20pm

PRECISION PILATES

Mat-based class concentrated on control and flow
Hala, 5pm-5:50pm

KILO HŌKŪ 🌱

Hawaiian Stargazing
6:30pm-7:30pm, Honoiki Beach
*Unavailable on 4/23

SEEDLINGS

'OHANA MARINE LIFE MAGIC 🌱

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

GREET THE SUN VINYASA

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

SOUL SWEAT

Heated conscious bootcamp-style workout
Hala, 8:30am-9:20am

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 4/3 & 4/17

MINDFUL MIXOLOGY MASTERCLASS 🌱

Indulge with intention as you craft delicious sustainable sips with 818 Tequila
Welina Terrace, 3pm-4pm,
Age 21+

WAFF MEDITATION 🌱

Sink into a cloud cushion while syncing to binaural beats
Hala, 5pm-6pm

SEEDLINGS

'OHANA NATURE WALK 🌱

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

'OHANA MOVES 🌱

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

'OHANA LEI MAKING 🌱

Learn a new craft and the cultural tradition behind it
Kaulu Hale, 2pm-3pm

pō'ahā • thursday

GREET THE SUN SLOW FLOW

Beachside transitional asanas
Meet at Anatomy, 6:55am-7:50am

1 BOX

Intense cardio boxing workout
Hala, 8:30am-9:20am

PAINT AND SIP 🌟🌱

Watercolor workshop paired with wine
Kaulu Hale, 4pm-6pm, Age 10+

KAUAI TALK STORY

Inspired by the beauty of nature around us, join us for an engaging and informative talk story
Neighbors, 4pm-5pm
*Unavailable on 4/4

SACRED SOUND SANCTUARY 🌱

Renew your spirit through sound, breath, and meditation.
Hala, 5pm-6pm

SEEDLINGS

'OHANA MARINE LIFE MAGIC 🌱

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

'OHANA MOVES 🌱

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

'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

GREET THE SUN VINYASA

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

SOUL SWEAT

Heated conscious bootcamp-style workout
Hala, 8:30am-9:20am

GUIDED HIKE BEGINNER 🌟🌱

Follow the footsteps of a local expert
Porte Cochère, 9:25am-12:30pm
Personal transportation required

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

SEEDLINGS

'OHANA NATURE WALK 🌱

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'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

HOT PILATES

Heated mat-based class concentrated on control and flow
Hala, 5pm-5:50pm

SEEDLINGS

'OHANA MARINE LIFE MAGIC 🌱

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

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

