

special events audi excursions

ENHANCE YOUR WELLNESS

Book same-day massage and facial, receive a complimentary 30-minute touchless therapy session.

Visit Bamford Wellness Spa or call 808.977.1230

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

SHUTTLE SERVICE

Princeville to Haena

Daily, 6:30am - 8:30am

Reservation required

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 TRIP WITH SHELTER DOGS

Daily, By Appointment

Share the love with pups who need it most. Visit

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

4 OCEAN SELF GUIDED MARINE DEBRIS CLEAN UP

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 activities

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

august 2024

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HOTEL

hanalei bay

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

For activities, visit concierge
or call 1-808.826.9644.

our calendar • reservations required

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



RESERVATIONS REQUIRED FOR AGES 6-12

aloha hours

Monday - Friday
9:30am-10am

*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
Saturday - Monday,
5pm-8pm

Welina Terrace
Thursday-Saturday,
5pm-8pm

lāpule • sunday

SUNRISE VINYASA

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

MYOFASCIAL RELEASE

Foam roller techniques to ease pain, relax muscles, and boost circulation.
Hala, 8:30am-9:20am

PARTNER WELLNESS: COUPLES MASSAGE WORKSHOP

Build new practices guided by expert massage therapists.
Hala, 1:45pm-2:45pm

METABOLIC MELTDOWN

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

SEEDLINGS

'OHANA MOVES

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

'ohana activity room

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

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.

pō'akahī • monday

SUNRISE VINYASA

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

1 BEACH

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

HULA, HAWAIIAN DANCE

Embody the island's cultural dance.
Kaula Hale, 8:30am-9:30am

GUIDED HIKE BEGINNER

Follow footsteps of a local expert.
Porte Cochère, 9:00am-12:00pm

LAU HALA BRACELET WEAVING

Learn a new craft & the cultural tradition behind it.
Kaula Hale, 10am-11am, Age 8+

GLUTE CAMP

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

THE PERFECT MAI TAI

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

1 SPIN

A high-energy ride to invigorate both body and mind.
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 LEI MAKING

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

pō'alua • tuesday

SUNRISE SLOW FLOW

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

1 SPIN

A high-energy ride to invigorate both body and mind.
Hala, 8:30am-9:20am

COFFEE CURIOSITIES

A chat on the history of mastering the perfect cup of coffee.
Welina Terrace, 10am-11am
*Unavailable 8/6

MYOFASCIAL RELEASE

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

METABOLIC MELTDOWN

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

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.
Kaula Hale, 2pm-3pm

pō'akolu • wednesday

SUNRISE VINYASA

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

GUIDED HIKE BEGINNER

Follow the footsteps of a local expert.
Porte Cochère, 9:00am-12:00pm

BILL HAMILTON POINT OF VIEW

Talk story and epic surf tales with a surf legend.
Neighbors, 10am-11am
*Available 8/7 and 8/21

SOUL SWEAT

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

TEQUILA + MEZCAL TASTING

Sample collections curated by our resident tequila expert.
Welina Terrace, 3pm-4pm,
Age 21+

1 SPIN

A high-energy ride to invigorate both body and mind.
Hala, 3:30pm-4:20pm
*Unavailable 8/28

1 RESET

Sink into a cloud cushion while syncing to binaural beats.
Hala, 5pm-6pm
*Unavailable 8/28

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.
Kaula Hale, 2pm-3pm

pō'ahā • thursday

SUNRISE ZEN

Beachside stretches and breathwork.
Meet at Anatomy, 6:55am-7:50am

PIKAI CULTURAL RITUAL

Hawaiian ceremony for spiritual strength overlooking Hanalei Bay.
Pu'u Poa (Ft. Alexander), 8:30am-9am
*Available 8/15 and 8/22

1 BOX

Intense cardio boxing workout.
Hala, 8:30am-9:20am
*Unavailable 8/29

KAUA'I TALK STORY

Fascinating history of Mount Wai'ale'ale with Kahu Jade.
Kaula Hale, 1:00pm-1:45pm
*Available 8/15 and 8/22

HOT PILATES

Heat mat-based class concentrated on control and flow.
Hala, 3:30pm-4:20pm

PAINT AND SIP

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

HAPPY HOUR SUNSET GOLF CART TOUR

Soak in the sunset and toast the spectacular views of the 18-hole Princeville Makai course.
5pm

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
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.
Kaula Hale, 2pm-3pm

pō'alima • friday

SUNRISE ZEN

Beachside stretches and breathwork.
Meet at Anatomy, 6:55am-7:50am
*Unavailable 8/30

PIKAI CULTURAL RITUAL

Hawaiian ceremony for spiritual strength overlooking Hanalei Bay.
Pu'u Poa (Ft. Alexander), 8:30am-9am
*Available 8/9

KETTLEBELL FLOW

High intensity ballistic muscle workout.
Anatomy, 8:30am-9:20am
*Unavailable 8/30

GLUTE CAMP

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

KAUA'I TALK STORY

Entertaining origins of Aloha Friday with Kahu Jade.
Neighbors, 1:00pm-1:45pm
*Available 8/9

ROOTED IN NATURE MEDITATION JOURNEY

Let your senses come alive in this deeply restorative and calming immersive experience.
Meet at Anatomy, 4:55pm-6pm

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.
Kaula Hale, 2pm-3pm

pō'aono • saturday

SUNRISE PILATES

Beachside mat class.
Meet at Anatomy, 6:55am-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

1 BOX

Intense cardio boxing workout.
Hala, 3:30pm-4:20pm
*Unavailable 8/31

1 RESET

Sink into a cloud cushion while syncing to binaural beats.
Hala, 5pm-6pm
*Unavailable 8/31

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.

Printed on PCW paper



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