

wellness month

**ENHANCE YOUR WELLBEING**  
Book a same-day massage and facial, and receive a complimentary 30-minute touchless therapy session. Visit Bamford Wellness Spa or call 808.977.1230

**ATHLETIC GREENS**  
AG1 aims to bring daily nutrition to everyone by empowering people to take ownership of their health. Try a sample packet at one of our mind & movement classes.

huaka‘i adventures

GUIDED & SELF-GUIDED EXPERIENCES

PADDLE BOARDS & BODYBOARDS  
SURF LESSONS  
SNORKELING  
RIVER KAYAKING  
OUTRIGGER PADDLE CANOE TOURS

By Appointment, Honoiki Beach  
\*Excursions are weather and surf permitting

CRUISER BIKES  
Reserve online or visit concierge  
Daily, 9am-4pm

golf & tennis club

**DRIVING RANGE**  
Makai Golf Course  
Daily, 7am-4pm

**18 or 9 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); Tues & Thurs, 3pm (all levels) or courts availale by reservation

**TENNIS**  
Daily, 8am-4pm, courts available by reservation

**DISC GOLF**  
Daily, 8:30am-5pm, by reservation

audi excursions

**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

**4OCEAN 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.

For activity reservations, visit concierge or call 1-808.826.9644.

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**  
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.

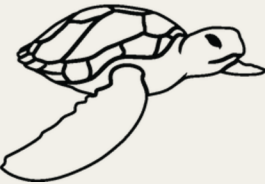
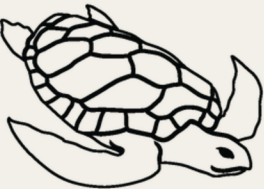


HOTEL

hanalei bay

guiding your stay

august 2024



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

# august 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

This camp is a hub of imagination and discovery, creating an environment where kids can simply be kids.

Tuesday-Saturday | 10am-1pm

\*Unavailable 8/30 and 8/31



RESERVATIONS REQUIRED  
FOR AGES 6-12

## aloha hours 🌿

Thursdays  
2:30pm-4pm

\*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,  
5:30pm-8pm

Welina Terrace  
Thursday-Saturday,  
6pm-9pm

BONFIRE UNDER THE  
STARS 🌟  
Private beachfront bonfire  
under the Kaua‘i stars.  
Honoiki Beach, Daily  
Sunset time varies; call  
Hanalei Beach Activities at  
808-977-1167

## 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‘akahi 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.  
Kaulu Hale, 8:30am-9:30am

GUIDED HIKE BEGINNER 🌟🌟  
Follow footsteps of a local expert.  
Porte Cochère, 9am-12pm

LAU HALA  
BRACELET WEAVING 🌟  
Learn a new craft & the cultural  
tradition behind it.  
Kaulu 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

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

## 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

KAUA‘I TALK STORY  
Ocean and wetland birds with  
Friends of Kaua‘i Wildlife Refugees.  
Neighbors, 4:15pm-5:15pm  
\*Available 8/13

## SEEDLINGS

‘OHANA MARINE LIFE MAGIC 🌿  
An engaging and wondrous walk  
through our local tidepools.  
Seedlings Basecamp,  
8:30am-9:30am

‘OHANA DESIGNED BY NATURE 🌿  
A variety of crafts inspired by the  
ocean, mountains, and Kaua‘i’s  
natural beauty.  
Kaulu Hale, 2:30pm-3:30pm

## 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, 9am-12pm

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,  
8:30am-9:30am

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

## 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.  
Neighbors, 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.  
Kaulu Hale, 4pm-6pm

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  
\*Unavailable 8/29

## SEEDLINGS

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

## 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

GUIDED HIKE BEGINNER 🌟🌟  
Follow footsteps of a local expert.  
Porte Cochere, 9am-12pm

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, 8:30am-  
9:30am  
\*Unavailable 8/30

‘OHANA LEI MAKING 🌿  
Learn a new craft and the  
cultural tradition behind it.  
Kaulu Hale, 2:30pm-3:30pm  
\*Unavailable 8/30

## 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

## SEEDLINGS

‘OHANA MARINE LIFE MAGIC 🌿  
An engaging and wondrous walk  
through our local tidepools.  
Seedlings Basecamp,  
8:30am-9:30am  
\*Unavailable 8/31

‘OHANA DESIGNED BY NATURE 🌿  
A variety of crafts inspired by the  
ocean, mountains, and Kaua‘i’s  
natural beauty.  
Kaulu Hale, 2:30pm-3:30pm  
\*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.