

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



RESERVATIONS REQUIRED
FOR AGES 6-12

aloha hours

Tuesday-Wednesday, &
Thursday
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

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

METABOLIC MELTDOWN
Plyometric training for
maximum calorie burn.
Hala, 3:30pm-4:20pm
*Unavailable 7/7

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 PILATES
Beachside mat-based class
concentrated on control and flow.
Meet at Anatomy, 6:55am-7:50am
*Unavailable 7/15; available as
Sunrise Slow Flow on 7/29

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
*Unavailable 7/8 and 7/22

**LAU HALA
BRACELET WEAVING** 🌞🧘
Learn a new craft & the cultural
tradition behind it.
Kaulu Hale, 10am-11am, Age 8+
*Unavailable 7/8 and 7/22

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+

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.
Kaulu Hale, 2pm-3pm

pō'alua • tuesday

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

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

PHOTOGRAPHY HIKE 🌞📷
Learn tips for capturing
breathtaking nature imagery on
your iPhone or camera.
Porte Cochère, 10am-1pm
Personal transportation required

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

PRECISION PILATES
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

pō'akolu • wednesday

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

HOT PILATES
Heated mat-based class
concentrated on control and
flow.
Hala, 8:30am-9:20pm
*Unavailable 7/31

GUIDED HIKE BEGINNER 🌞🧘
Follow the footsteps
of a local expert.
Porte Cochère, 9:25am-12:30pm

**BILL HAMILTON POINT
OF VIEW** 🌞
Talk story and epic surf tales
with a surf legend.
Neighbors, 10am-11am
*Available on 7/3 and 7/17

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 RESET 🧘
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 LEI MAKING 🌿
Learn a new craft and the
cultural tradition behind it.
Kaulu Hale, 2pm-3pm

pō'ahā • thursday

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

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

PRECISION PILATES
Mat-based class concentrated on
control and flow.
Hala, 3:30pm-4:20pm
*Available on 7/18 and 7/25

PAINT AND SIP 🌞🧘
Watercolor workshop paired
with wine.
Kaulu Hale, 4pm-6pm, Age 10+

KAUA'I TALK STORY
Inspired by the beauty of
nature around us, join us for
an engaging talk story.
Neighbors, 4pm-5pm
7/11: Friends of Kaua'i
Wildlife Refuges
7/25: Kaua'i Farmacy

**HAPPY HOUR SUNSET
GOLF CART TOUR** 🧘
Soak in the sunset and share a
toast to the most 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 on 7/4

SEEDLINGS

'OHANA MARINE LIFE MAGIC 🌿
An engaging and wondrous walk
through our local tidepools.
Seedlings Basecamp, 10am-11am
*Unavailable on 7/4

'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.
Kaulu Hale, 2pm-3pm
*Unavailable on 7/4

pō'alima • friday

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

METABOLIC MELTDOWN
Plyometric training for maximum
calorie burn.
Hala, 8:30am-9:20am

GUIDED HIKE BEGINNER 🌞🧘
Follow the footsteps
of a local expert.
Porte Cochère, 9:25am-12:30pm

**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

**ROOTED IN NATURE
MEDITATION JOURNEY** 🧘
Let your senses come alive in this
deeply restorative and calming
immersive experience.
Meet at Anatomy, 4:55pm-6pm
*Unavailable on 7/5

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

SUNRISE SLOW FLOW
Beachside transitional asanas.
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

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 30% 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**

special events

JULY 4TH

BUBBLES & BEATS

Enjoy bubbles, fun in the sun and summer beats.
Kamani Cove, 10am-11am

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)

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](https://www.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](https://www.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](https://www.kanu-hawaii.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.

For activities, visit concierge or call 1-808.826.9644.

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

july 2024

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HOTEL
hanalei bay

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