

audi excursions

DRIVE SUSTAINABLY  
FORWARD WITH THE OFFICIAL  
VEHICLE OF 1 HOTELS

TEST DRIVE  
During your stay, explore the natural  
beauty of Kauaʻi 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  
Daily, 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

WAIPĀ FOUNDATION  
FOOD & FARM TOURS 🏝️  
Tues, Weds & Thurs  
In-depth experience of the Hawaiian  
cultural relationship between people,  
food, and ʻāina (natural resources).  
Topics vary.  
Learn more [waipafoundation.org/food-and-farm-tours](http://waipafoundation.org/food-and-farm-tours)

SURFRIDER KAUAʻI  
NET PATROL AND BEACH CLEANUPS  
Days and locations vary  
Learn more [kauai.surfrider.org/events](http://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](http://kauaihumane.org/service/field-trips) to  
reserve your date.

WE CARE KAUAʻI  
Select from wildlife protection programs,  
coastal cleanups, trail and fishpond  
restorations, and taro patch remediation.  
Learn more via [WeCareKauai.org](http://WeCareKauai.org)

PLEDGE FOR OUR KEIKI  
Sign the pledge, a commitment to  
respect, care, and protect Hawaiʻi.  
Browse our initiatives on [KanuHawaii.org](http://KanuHawaii.org)

MARINE DEBRIS CLEAN-UP  
Leave things better than you found  
them as you explore Kauaʻi’s beautiful  
beaches. Ocean bags for marine debris  
pick-up available at Porte Cochère.

To reserve excursions  
and activities,  
visit concierge or call  
808.826.9644

huakaʻi adventures 🏝️

GUIDED &  
SELF-GUIDED EXPERIENCES

STAND UP PADDLE BOARDS  
BODYBOARDS  
SNORKELING  
RIVER KAYAKING  
OUTRIGGER CANOE TOURS

Visit Beach Activities Hale,  
Honoiki Beach  
\*Excursions and rentals are  
weather and surf permitting

CRUISER BIKES  
Daily, 9am-4pm, first-come  
first-served basis  
Valet Desk, Port Cochere

golf & tennis club

DRIVING RANGE 🏝️  
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, Weds, Fri 9am  
(beginners only), 3pm (all  
levels); Tues & Thurs, 3pm  
(all levels) or courts available  
by reservation

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

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

photography

CORAL PHOTOGRAPHY 🏝️  
Daily, By Appointment  
Stop by 4th floor or email  
[1hk@coralphotography.com](mailto:1hk@coralphotography.com) to  
book your session.

kauaʻi’s premier  
activites 🏝️

HELICOPTER TOURS  
Experienced pilots unveil Kauaʻi’s hidden  
wonders on this awe-inspiring aerial  
adventure.

LŪʻAU  
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 Kauaʻi’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 Kauaʻi’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 Kauaʻi’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 Kauaʻi’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 Kauaʻi’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.

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HOTEL

hanalei bay

guiding  
your stay

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY



# june 1-7, 2025 • 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

Our licensed camp for children ages 6-12 years old is a hub of imagination and discovery, creating an environment where kids can simply be kids.

Seedlings Basecamp  
Monday & Friday 10am-1pm



RESERVATIONS REQUIRED  
FOR AGES 6-12

## ‘ohana activity room

Indoor fun with games and activities. Visit concierge for details. 10th Floor  
Daily, 9am-8pm

## evenings

**KAUAI’I’S MUSIC SCENE** 🌞🍷  
The Sandbox  
Monday, 6pm-8pm

Welina Terrace  
Nightly, 7pm-10pm

**ALL AGES** 🌿  
Designed with families in mind, all ages welcome. Children must be accompanied by a parent/guardian.

**TEEN-FRIENDLY** 🌞  
Age 13+

**ADDITIONAL FEE AND NO-SHOW FEE APPLIES** 🧑‍🦲  
A no-show fee per person applies if not canceled at least 24 hours before the start of the event.

**NO RESERVATIONS REQUIRED** 🌿

## sunday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**WAFF FLOW** 🧑‍🦲  
Stability, mobility, and proprioception training.  
Hala, 9am-9:50am

**RESTORATIVE YOGA**  
Therapeutic yoga with support tools for relaxation and full-body reset.  
Hala, 10:30am-11:20am

**SEMI-PRIVATE REFORMER** 🧑‍🦲  
Personalized Pilates session focused on strength & alignment.  
Hala, 1pm-1:50pm

**MAT PILATES**  
Mat-based Pilates class concentrated on control and flow.  
Hala, 3pm- 3:50pm

**TRAINING CAMP** 🧑‍🦲  
Unlock athleticism with power, speed, agility training.  
Hala, 5pm-5:50pm

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!



## monday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**CORAL REEF TALK** 🌿🌿  
Brief intro to caring for our reef and sea creatures.  
Beach Activities Hale, 8:30am-9am

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

**GUIDED HIKE BEGINNER** 🌞🧑‍🦲  
Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

**HOT YOGA**  
Heated flow, focused on smooth, effortless transitions between postures or asanas.  
Hala, 9am-9:50am

**HULA, HAWAIIAN DANCE** 🌞  
Embody the island’s cultural dance.  
Meet at Kaulu Hale, 9am-10am

**GOLF SWING CLINIC** 🧑‍🦲  
Private swing lessons.  
Makai Golf Course, 10am-11am

**LAU HALA BRACELET WEAVING** 🌞🧑‍🦲  
Traditional weaving of Pandanus leaves into wearable art.  
Kaulu Hale, 10:30am-11:30am

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

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
Anatomy, 3pm-3:50pm

**1 STRETCH**  
Improve flexibility, mobility, and body awareness for lasting physical well-being.  
Hala, 5pm-5:50pm



## tuesday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**KŪPONO E-BIKE TOUR** 🧑‍🦲  
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.  
Porte Cochère, 8am-10am

**YOGA SCULPT**  
High-intensity power yoga and strength fusion.  
Hala, 9am-9:50am

**PAINT AND SIP- KEIKI EDITION** 🌿  
Guided acrylic painting paired with hot-cocoa designed for keiki.  
Kaulu Hale, 10:30am-11:45am

**GLUTE CAMP**  
Leg workout for strength and definition  
Anatomy, 3pm-3:50pm

**THE PERFECT MAI TAI** 🧑‍🦲  
Master the mixology secrets behind this tropical cocktail.  
1 Kitchen, 3pm-4pm, Age 21+

**LAVA MALA BEAD JOURNEY** 🧑‍🦲  
Create custom lava bead malas with essential oils, combining mindfulness and Hawaiian volcanic energy.  
Kaulu Hale, 3pm-4:15pm

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 5pm-5:50pm

## wednesday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**CORAL REEF TALK** 🌿🌿  
Brief intro to caring for our reef and sea creatures.  
Beach Activities Hale, 8:30am-9am

**GUIDED HIKE BEGINNER** 🌞🧑‍🦲  
Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

**HOT PILATES**  
Heated mat-based class focused on control and flow.  
Hala, 9am-9:50am

**COCONUT HYDRATION** 🌿🌿  
Hydrate with nature's original water bottle- a fresh young coconut!  
Sandbox Lawn, 10am

**BILL HAMILTON POINT OF VIEW** 🌞  
Talk story and epic surf tales with a surf legend.  
Neighbors, 10am-11am

**SOUND SANCTUARY** 🧑‍🦲  
Ethereal vibrations of crystal bowls, guided breathwork & meditation.  
Hala, 10:30am-11:30am

**1 BOX**  
Boxing fundamentals and bag training for all levels.  
Anatomy, 3pm-3:50pm

**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-5:50pm

## thursday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**DEEP MEDITATION** 🧑‍🦲  
Guided meditation to calm the mind, deepen focus, and restore inner peace.  
Hala, 9am-9:50am

**TRUNK SHOW** 🌿  
Celebrate local creativity with ocean-conscious Hawai’i- based artisans and designers.  
Goodthings, 9am-2pm

**NATURE MEDITATION**  
Experience tranquility with meditation, Hawaiian legends, and nature. Rain or Shine  
Hala, 10:30am-11:20am

**SEMI-PRIVATE REFORMER** 🧑‍🦲  
Personalized Pilates session focused on strength & alignment.  
Hala, 12:30pm-1:20pm

**1 BOX STRENGTH**  
Build power, endurance, and skill with lifting and fight-focused training.  
Anatomy, 1pm-1:50pm

**GLUTE CAMP**  
Leg workout for strength and definition.  
Hala, 3pm-3:50pm

**PAINT AND SIP** 🌞🧑‍🦲  
Watercolor workshop paired with wine.  
Kaulu Hale, 4pm-6pm

**RESTORATIVE PILATES**  
Strengthen, tone, refresh, and rejuvenate body and mind.  
Hala, 5pm-5:50pm

## friday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**CORAL REEF TALK** 🌿🌿  
Brief intro to caring for our reef and sea creatures.  
Beach Activities Hale, 8:30am-9am

**‘OHANA NATURE WALK** 🌿  
Stroll amidst lush foliage and gentle ocean breezes.  
Seedlings, 8:30am-9:30am

**GUIDED HIKE BEGINNER** 🌞🧑‍🦲  
Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

**SOUL SWEAT**  
Infrared HIIT. Low impact. Mindful movement. Mats provided.  
Hala, 9am-9:50am

**HOT YOGA**  
Heated flow, focused on effortless transitions between postures or asanas.  
10:30am-11:20am

**SEMI-PRIVATE REFORMER** 🧑‍🦲  
Personalized Pilates session focused on strength & alignment.  
Hala, 12:30pm-1:20pm

**GYM JUMP START**  
Beginner-friendly gym circuit for a full-body strength workout.  
Anatomy, 1pm-1:50pm

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

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
Anatomy, 3pm-3:50pm

**SEMI-PRIVATE REFORMER** 🧑‍🦲  
Personalized Pilates session focused on strength & alignment.  
Hala, 5pm-5:50pm

**WELLNESS & PRIVATE OFFERINGS** 🧑‍🦲

**Touchless Therapies**  
Daily, by appointment  
Variety of sensory stimulation therapies designed to nurture balance, harmony, and tranquility. Sunlighten Infared Sauna, Ocean Float Room, Somadome Meditation Pod and Hyperbaric Oxygen Therapy. Visit Bamford Wellness Spa (9th floor)or email bamfordspa.hanalei@1hotels.com to book your session.

**Vitality Kaua’i**  
Daily, by appointment  
Comprehensive treatments focused on longevity and vitality, ranging from IV therapy to medical aesthetics—including Botox, Fillers, Injections, Microneedling, Chemical Peels, and Sculptra. Visit Vitality Kaua’i (8th floor, inside Anatomy)or email info@vitalitykauai.com to book your session.

**Fitness Training**  
Daily, by appointment  
Personalized fitness consultations and guided trainings with a Body Architect. Advanced Metabolic & Body Analysis, Strength Training, Boxing, Myofascial Release, Pilates, and Pre/Post Natal Yoga. Visit Anatomy (8th floor) or email anatomy.hanalei@1hotels.com to book your session.