

audi excursions

DRIVE SUSTAINABLY
FORWARD WITH THE OFFICIAL
VEHICLE OF 1 HOTELS

TEST DRIVE
During your stay, explore the natural
beauty of Kaua’i 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 `āina (natural resources).
Topics vary.
Learn more [waipafoundation.org/food-
and-farm-tours](http://waipafoundation.org/food-and-farm-tours)

SURFRIDER KAUA’I
NET PATROL AND BEACH CLEANUPS
Days and locations vary
Learn more 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 to
reserve your date.

WE CARE KAUA’I
Select from wildlife protection programs,
coastal cleanups, trail and fishpond
restorations, and taro patch remediation.
Learn more via WeCareKauai.org

PLEDGE FOR OUR KEIKI
Sign the pledge, a commitment to
respect, care, and protect Hawai’i.
Browse our initiatives on KanuHawaii.org

MARINE DEBRIS CLEAN-UP
Leave things better than you found
them as you explore Kaua’i’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

huaka’i
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 to
book your session.

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.

1

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

Aloha Hours
Wednesday & Thursday 11am-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.