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.

$m\bar{a}lama \cdot give\ back$

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

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 \$\frac{1}{2}\$

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 2

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 \$\mathbb{Q}\$

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 2

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



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.

SFFDLINGS 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.

ALOHA CAMP

Monday & Friday 10am-1pm 1st Floor

ALOHA HOURS

Wednesday & Thursday 11am-1pm 1st Floor



RESERVATIONS REQUIRED FOR AGES 6-12

'ohana activity room

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

venue hours

1 KITCHEN

Breakfast | 7am-11am Lunch | 11:30am-5pm Dinner | 5:30pm-9pm Bar | 10:30am-10pm

WELINA TERRACE

Open Nightly Bar | 4pm-10pm Bites | 5pm-9pm Music | Nightly, 7pm-10pm

THE SANDBOX

Tuesday-Sunday Bar I 10am - 6pm Restaurant | 11:30am - 5pm

Mondays Bar I 10am - 8pm Restaurant | 11:30am - 8pm Music | Mondays, 6pm-8pm

sunday

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 -



monday

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

CORAL REEF TALK 🎥 ሰ

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 swina 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-beina Hala, 5pm-5:50pm



tuesday

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+ *Unavailable 6/3

LAVA MALA BEAD JOURNEY

Create custom lava bead malas with essential oils, combining mindfulness and Hawaiian volcanic energy. Kaulu Hale, 3pm-4:15pm *Unavailable 6/3

MYOFASCIAL RELEASE

Fase pain relax muscles and boost circulation. Hala, 5pm-5:50pm

ALL AGES

Designed with families in mind, all ages welcome. Children nust be accompanied by a oarent/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

NO RESERVATIONS REQUIRED 🦭

wednesday

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

BILL HAMILTON POINT OF VIEW 🍅

Talk story and epic surf tales with a surf leaend Neighbors, 10am-11am

SOUND SANCTUARY

Ethereal vibrations of crystal bowls, guided breathwork & meditation. Hala. 10:30am-11:20am

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+

Sink into a cloud cushion while syncing to binaural beats. Hala, 5pm-5:50pm

thursday

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

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

NATURE MEDITATION

Experience tranquility with meditation. Hawaiian leaends. 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 trainina 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

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

CORAL REEF TALK 🌑 🕡

our reef and sea creatures. Beach Activities Hale, 8:30am-9am

'OHANA NATURE WALK

Brief intro to carina for

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 strenath & alianment. 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

saturdav

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

AQUA FIT

Total-body workout on water that cultivates balance, strength, flexibility, endurance, and focus. Main Pool, 8:30am-9:30am

TRUNK SHOW 🅯

Celebrate local creativity with ocean-conscious Hawai'i- based artisans and designers. Goodthings, 9am-2pm

VINYASA FLOW

Dynamic yoga flow linking breath to movement Hala, 10:30am-11:20am

Boxing fundamentals and

bag training for all levels. Anatomy, 1pm-1:50pm SEMI-PRIVATE REFORMER

Personalized Pilates session

focused on strength & alignment Hala, 1pm-1:50pm

1 RESET 🗣 Sink into a cloud cushion while syncing to bingural beats. Hala, 3pm-3:50pm

RESTORATIVE PILATES

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

wellness & private offerings 2

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.

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.

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.

Fitness Training