

special events audi excursions

WORLD WATER DAY
March 22, 10:55am -11:50am
Meet at Anatomy
Join us for a oceanfront meditation. Connect with nature, dive inwards, allowing thoughts to become shapeless and flow, just like the water of the ocean.

EARTH HOUR PRESENTS
Kilo Hoku, Hawaiian Stargazing
March 23, 6:30pm -7:30pm
Meet at Honoiki Beach
Join global initiative to limit electric light and enjoy the stars.

EASTER BRUNCH
March 31, 11am -3pm
1 Kitchen
Celebrate Easter with a decadent brunch featuring live stations, mimosa and Bloody Mary bar.

EASTER EGG HUNT
March 31, 9am-10am, Kamani Cove
An oceanfront Easter egg hunt.

SWEET SHOP & EGG DECORATING
March 31, 10am-12pm, Seedlings Basecamp
An eco-approach to a favorite tradition.

SUGAR COOKIE DECORATING
March 31, 2pm-4pm, Seedlings Basecamp
Decorate tasty treats to celebrate the day.

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

DRIVE SUSTAINABLY
FORWARD WITH THE OFFICIAL VEHICLE OF 1 HOTELS.

Test Drive
Daily, By Appointment
The fully electric Audi e-tron is available daily to explore the natural beauty of Kaua'i through our Audi Excursions.
Reserve with Concierge

Excursions
By Appointment, Additional fees
Reserve with Concierge

Limahuli Garden & Preserve
Anaina Hou Community Park
Lydgate Farms Chocolate Tour

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
Wednesday, Location Varies
3:30pm-5:30pm
For details call 808.635.2593.

KAUA'I HUMANE SOCIETY
Daily, By Appointment
Share the love with pups who need it most. Email tanya@kauaihumane.org for details.

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

golf & tennis club

DRIVING RANGE
Daily, Makai Golf Course

18 HOLES AT PRINCEVILLE MAKAI
Daily, 5am-8pm, Makai Golf Course

PICKLEBALL
Monday, Wednesday, Friday
9am (beginners only), 3pm (all levels)
Tuesday & Thursday, 3pm (all levels)

blue hawaiian

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
Set sail aboard a local deep-sea fishing charter & experience the thrill as you cast your line and reel in prized catches, including marlin, Ono, Ahi (tuna), mahi mahi, and 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.

For activities, visit concierge or call 1-808.826.9644.



guiding your stay
march 2024

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

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
Mondays | 5pm-8pm

*Unavailable March 31st



RESERVATIONS REQUIRED
FOR AGES 6-12

ahiahi • evenings

NAPO‘O ‘ANA O KA LA
SUNSET RITUAL ☀️
Welina Terrace,
Sunset time varies

KAUA‘I’S MUSIC SCENE 🌞
The Sandbox
Mondays, 5pm-8pm

Welina Terrace
Thursday-Saturday,
5pm-8pm

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.

lāpule • sunday

PRECISION PILATES
Mat-based class concentrated on control and flow
Hala, 6:30am-7:20am

MYOFASCIAL RELEASE
Foam roller techniques to ease pain, relax muscles, and boost circulation
Hala, 8am-8:50am

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn
Hala, 3:30pm-4:20pm
*Unavailable on 3/24 & 3/31

SOUND JOURNEY
Melt into frequencies and vibrations, each resonating with specific body areas
Hala, 5pm-5:50pm

SEEDLINGS
‘OHANA MARINE LIFE MAGIC 🌱
An engaging and wondrous walk through our neighboring tidepools
Seedlings Basecamp, 10am-11am

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

‘OHANA DESIGNED BY NATURE 🌱
A variety of crafts inspired by the ocean, mountains, and Kaula'i's natural beauty
Kaulu Hale, 2pm-3pm

pō‘akahi • monday

HOT PILATES
Heated mat-based class concentrated on control and flow
Hala, 6:30am-7:20am

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

LONGEVITY
Integrations for pain-free movement and optimal function
Anatomy, 9am-10am

LAU HALA BRACELET WEAVING 🌞🧑🏻
Learn a new craft & the cultural tradition behind it
Kaulu Hale, 10am-11am, Age 8+

THE PERFECT MAI TAI 🧑🏻
Master the mixology secrets behind this drink
Welina Terrace, 3pm-4pm, Age 21+

SEEDLINGS
‘OHANA MOVES 🌱
Get the whole family moving and grooving with a fun-filled workout class
Hala, 11:30am-12:20pm

‘OHANA LEI MAKING 🌱
Learn a new craft & the cultural tradition behind it
Kaulu Hale, 2pm-3pm

pō‘alua • tuesday

HERE COMES THE SUN (SALUTATION)
Beachside transitional asanas
Meet at Anatomy, 6:55am-7:50am
*Unavailable on 3/12

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

COFFEE CURIOSITIES 🌞
A chat on the history of mastering the perfect cup of coffee
Welina Terrace, 10am-11am

BREATH OF LIFE
Breathing techniques & posture alignment workshop
Hala, 1pm-2pm

PHOTOGRAPHY HIKE 🌞🧑🏻
Camera tips to capture the best shots on your adventures
Porte Cochère, 1pm-4pm
Personal transportation required

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn
Hala, 3:30pm-4:20pm

HOT PILATES
Heated mat-based class concentrated on control & flow
Hala, 5pm-5:50pm

SEEDLINGS
‘OHANA NATURE WALK 🌱
Stroll amidst lush foliage and gentle ocean breezes
Seedlings Basecamp, 10am-11am

‘OHANA DESIGNED BY NATURE 🌱
A variety of crafts inspired by the ocean, mountains, and Kaula'i's natural beauty
Kaulu Hale, 2pm-3pm

pō‘akolu • wednesday

SOUL SWEAT
Conscious bootcamp-style workout
Hala, 7am-7:50am

PRECISION PILATES
Mat-based class concentrated on control & flow
Hala, 8:30am-9:20am

BODY TEK
Dynamic movement session aimed to challenge from all angles
Anatomy, 9am-10am

BILL HAMILTON POINT OF VIEW 🌞
Talk story and epic surf tales with a surf legend
Neighbors, 10am-11am
*Available only on 3/6 & 3/20

MYOFASCIAL RELEASE
Foam roller techniques to ease pain, relax muscles, and boost circulation
Hala, 10am-10:50am

TEQUILA + MEZCAL TASTING 🧑🏻
Sip on the best & learn the story behind each spirit
Welina Terrace, 3pm-4pm, Age 21+

WAFF MEDITATION 🧑🏻
Sink into a cloud cushion while syncing to binaural beats
Hala, 5pm-6pm
*Unavailable on 3/27

SEEDLINGS
‘OHANA MOVES 🌱
Get the whole family moving and grooving with a fun-filled workout class
Hala, 11:30am-12:20pm

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

pō‘aha • thursday

VINYASA YOGA
Traditional breath to body flow practice
Hala, 7am-7:50am

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

THE ART OF LEI 🌞
Learn a new craft & the cultural tradition behind it
Kaulu Hale, 10am-11am, Age 8+

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

SOUND JOURNEY
Melt into frequencies and vibrations, each resonating with specific body areas
Hala, 5pm-5:50am

SEEDLINGS
‘OHANA MARINE LIFE MAGIC 🌱
An engaging and wondrous walk through our local tidepools
Seedlings Basecamp, 10am-11am

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

‘OHANA DESIGNED BY NATURE 🌱
A variety of crafts inspired by the ocean, mountains, and Kaula'i's natural beauty
Kaulu Hale, 2pm-3pm

pō‘alima • friday

YOGA SCULPT
High-intensity yoga fusion
Hala, 7am-7:50am
*Unavailable on 3/8

SOUL SWEAT
Conscious bootcamp-style workout
Hala, 8:30am-9:20am
*Unavailable on 3/22 & 3/29

GUIDED HIKE BEGINNER 🌞🧑🏻
Follow the footsteps of a local expert
Porte Cochère, 9:25am-12:30pm
Personal transportation required

FLOW STATE
Relax your mind with an oceanfront meditation
Meet at Anatomy, 10:55am-11:50am
*Available only on 3/22

GLUTE CAMP
Leg workout for strength and definition
Hala, 11:30am-12:20pm

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

1 BOX
Intense cardio boxing workout
Hala, 7am-7:50am
*Unavailable on 3/23 & 3/30

1 BEACH
Beachside movement session featuring the Albizia Gym
Meet at Anatomy, 8:25am-9:20am

SOUL SWEAT
Conscious bootcamp-style workout
Hala, 11:30am-12:20pm

SEEDLINGS
‘OHANA TIDAL EXPLORATION 🌱
An engaging and wondrous walk through our neighboring tidepools
Seedlings Basecamp, 10am-11am

‘OHANA DESIGNED BY NATURE 🌱
A variety of crafts inspired by the ocean, mountains, and Kaula'i's natural beauty
Kaulu Hale, 2pm-3pm



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