

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

**SURFRIDER KAUAʻI
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 KAUAʻI
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 Hawaiʻi. Browse our initiatives on 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

GOLF SWING CLINIC
Private swing lesson
Monday, 10am-11am

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.

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.



1
HOTEL
hanalei bay

guiding
your stay

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



may 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.

sunday

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

TRUNK SHOW 🌿
Celebrate local creativity featuring Hawai'i-based artisans and designers.
Good things, 9am-1pm
**Available 5/11*

MYOFASCIAL RELEASE
Ease pain, relax muscles, and boost circulation.
Hala, 9am-9:50am

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn.
Anatomy, 10:30am-11:20pm
**Unavailable 5/25*

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

NATURE MEDITATION
Experience tranquility through meditation, Hawaiian legends, and nature. *Rain or shine*
Hala, 3pm- 3:50pm

YIN YOGA
Quiet the mind, relax the body for a physical, mental, and spiritual reset.
Hala, 5pm-5:50pm

monday

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

DEEP MEDITATION 🧘
Calm your mind through transformative deep meditation.
Hala, 8am- 8:50am

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*

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

HOT PILATES
Heated mat-based class focused on control and flow.
Hala, 10:30am-11:20am

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

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

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

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

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

tuesday

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

PLANT STORIES OF HAWAI’I 🌿
Tour the property and discover our native plants and their cultural significance. *Meet at Welina Terrace, 8:30-9:30am*

MAT PILATES
Mat-based Pilates class concentrated on control and flow.
Hala, 9am-9:50am

BUBBLES & BEATS 🌿🌿
Poolside party with refreshing drinks and vibrant beats.
Sandbox Lawn, 11am-3pm
**Available 5/20*

SEMI-PRIVATE REFORMER 🧑🏻
Personalized Pilates session focused on strength & alignment.
Hala, 11:30am-12:20pm

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

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

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

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

TEEN-FRIENDLY ☀️
Age 13+

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.

NO RESERVATIONS REQUIRED 🌿

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

VINYASA FLOW
Dynamic yoga flow linking breath to movement.
Hala, 9am-9:50am

COCONUT HYDRATION 🌿🌿
Hydrate and sip from nature's original water bottle- a fresh young coconut!
Sandbox Lawn, 10am
**Available 5/21*

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

BILL HAMILTON POINT OF VIEW ☀️
Talk story and epic surf tales with a surf legend.
Neighbors, 10am-11am
**Available 5/7 & 5/21*

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 11:30am-12:20pm
**Unavailable 5/21*

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

1 DANCE
Latin dance and Pilates workout for a fun and fit experience.
Hala, 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
**5/21 Offered as Semi-Private Reformer*

SUNSET TALK STORY ☀️
Explore the ancient art of Polynesian star navigation.
Sandbox, 6:30pm- 7:30pm
**Available on 5/21*

thursday

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

1 BEACH
Beachside movement session featuring the Albizia Gym.
Meet at Anatomy, 9am-9:50am

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

NATURE MEDITATION
Experience tranquility with meditation, Hawaiian legends, and nature. *Rain or Shine*
Hala, 3pm-3:50pm

PAINT AND SIP ☀️🧑🏻
Watercolor workshop paired with wine.
Kaulu Hale, 4pm-6pm
**Unavailable 5/22*

MOVEMENT AS MEDICINE
Focused on elevating your mindfulness practice.
Hala, 5pm-6:15pm

friday

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

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

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

1 MOBILITY 🧑🏻
Stability, mobility, and proprioception training.
Hala, 9am-9:50am

COCONUT HYDRATION 🌿🌿
Hydrate with nature's original water bottle- a fresh young coconut!
Sandbox Lawn, 10am
**Available 5/2*

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

GYM JUMP START
Beginner-friendly gym circuit for a full-body strength workout.
Anatomy, 11:30am-12:20pm

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

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

saturday

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

1 BEACH
Beachside movement session featuring the Albizia Gym.
Meet at Anatomy, 9am-9:50am

TRUNK SHOW 🌿
Celebrate local creativity featuring Hawai'i-based artisans and designers.
Good things, 9am-1pm
**Available on 5/10, 5/17 & 5/24*

BUBBLES & BEATS 🌿🌿
Poolside party with refreshing drinks and vibrant beats.
Sandbox Lawn, 11am-3pm
**Available 5/3*

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
Anatomy, 3pm-3:50pm

1 RESET 🧑🏻
Sink into a cloud cushion while syncing to binaural beats.
Hala, 5pm-5:50pm
5/24 Offered as Myofascial Release

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

KAUA’I’S MUSIC SCENE ☀️
The Sandbox
Monday, 6pm-8pm

Welina Terrace
Nightly, 7pm-10pm

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!



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.