

## huaka'i adventures 🏝️

### GUIDED & SELF-GUIDED EXPERIENCES

STAND UP PADDLE BOARDS  
BODYBOARDS  
SURF LESSONS  
SNORKELING  
RIVER KAYAKING  
OUTRIGGER CANOE TOURS

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

**CRUISER BIKES**  
Reserve online or visit concierge  
Daily, 9am-4pm

## golf & tennis club

**DRIVING RANGE 🏌️**  
Makai Golf Course  
Daily, 7am-4pm

**18 or 9 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.

To reserve activities,  
visit concierge or call  
808.826.9644.

## 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**  
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**

**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  
<https://waipafoundation.org/food-and-farm-tours>

**SURFRIDER KAUA'I  
NET PATROL AND BEACH CLEANUPS**  
Days and Locations Vary  
Learn more <https://kauai.surfrider.org/events>  
For details call 808.635.2593

**FIELD TRIP WITH SHELTER DOGS**  
Daily, By Appointment  
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 KAUA'I**  
Select from wildlife protection programs,  
coastal cleanups, trail and fish pond  
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 Hawai'i.  
Browse our initiatives on [KanuHawaii.org](http://KanuHawaii.org)

**4OCEAN SELF-GUIDED MARINE DEBRIS  
CLEAN-UP**  
Leave things better than you found it as  
you explore Kaua'i's beautiful beaches.  
Ocean bags for marine debris pick-up  
available at Porte Cochère.

## kauda'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**  
Cast your line from a local deep-sea  
fishing charter & experience the thrill as  
you reel in prized catches, including  
Marlin, Ono, Ahi & more.

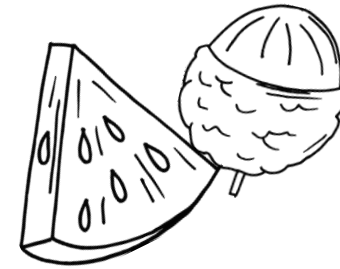
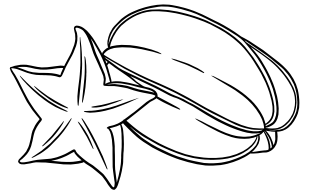
**ZIPLINE ADVENTURE**  
Embark on a thrilling zipline adventure  
as you soar across tropical treetops,  
tumbling waterfalls, lush valleys, and  
even famous movie sites.

**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.

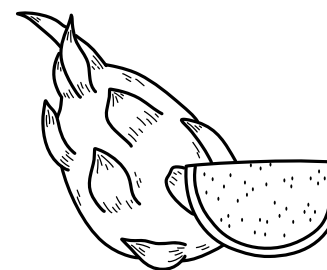
**COMMON GROUND FOOD FOREST &  
DINNER EVENT**  
Explore regenerative farming with a  
working food forest followed by a plant  
based dinner experience.

**1**  
HOTEL  
hanalei bay



# guiding your stay

october 2024



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

# october 2024 • 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

This licensed kids' camp is a hub of imagination and discovery, creating an environment where kids can simply be kids.

Seedlings Basecamp  
Tuesday & Thursday, 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-5pm

## private offerings

Daily, by appointment  
Personalized fitness consultations and guided trainings with a Body Architect.

Stop by Anatomy or email [anatomy.hanalei@1hotels.com](mailto:anatomy.hanalei@1hotels.com) to book your session.

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

**TEEN-FRIENDLY**   
Ages 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.

## lāpule sunday

**SUNRISE FLOW**  
Smooth, flowing morning asanas.  
Meet at Anatomy, 6:55am-7:50am

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease pain, relax muscles, and boost circulation.  
Hala, 8:30am-9:20am

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
Anatomy, 11:30am-12:20pm

**SACRED SOUND SANCTUARY**   
Renew your spirit through sound, breath, and meditation.  
Hala, 4pm-5pm  
\*Unavailable 10/13

### SEEDLINGS

**'OHANA MOVES**   
Get the whole family moving and grooving with a fun-filled workout.  
Hala, 1pm-1:50pm, Age 5+

## ahiahi evenings

**KAUA'I'S MUSIC SCENE**   
Welina Terrace  
Thursday-Saturday,  
6pm-9pm

**BONFIRE UNDER THE STARS**   
Private beachfront bonfire under the Kaua'i stars.  
Honoiki Beach, by reservation  
Sunset time varies; call Beach Activities Hale at 808.977.1167

## pō'akahi monday

**SUNRISE FLOW**  
Smooth, flowing morning asanas.  
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

**SOUL SWEAT**  
Heated conscious bootcamp-style workout.  
Hala, 8:30am-9:20am  
\*Unavailable 10/14

**HULA, HAWAIIAN DANCE**  
Embody the island's cultural dance.  
Kaulu Hale, 8:30am-9:30am  
\*Available 10/14 & 10/28

**GUIDED HIKE BEGINNER**   
Follow footsteps of a local expert.  
Porte Cochère, 8:45am-12pm

**LAU HALA BRACELET WEAVING**   
Traditional weaving of Pandanus leaves into wearable art.  
Kaulu Hale, 10am-11am,  
\*Available 10/14 & 10/28

**1 BOX**   
Intense cardio boxing workout.  
Anatomy, 11:30am-12:20pm  
\*Unavailable 10/14

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

**GLUTE CAMP**  
Leg workout for strength and definition.  
Hala, 3:30pm-4:20pm

### SEEDLINGS

**'OHANA MOVES**   
Get the whole family moving and grooving with a fun-filled workout.  
Hala, 1pm-1:50pm, Age 5+

## pō'alua tuesday

**SUNRISE FLOW**  
Smooth, flowing morning asanas.  
Meet at Anatomy, 6:55am-7:50am

**1 SPIN**   
A high-energy ride to invigorate both body and mind.  
Hala, 8:30am-9:20am

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
Anatomy, 11:30am-12:20pm

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease pain, relax muscles, and boost circulation.  
Hala, 3:30pm-4:20pm

### SEEDLINGS

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

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

## pō'akolu wednesday

**SUNRISE FLOW**  
Smooth, flowing morning asanas.  
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

**SOUL SWEAT**  
Heated conscious bootcamp-style workout.  
Hala, 8:30am-9:20am

**MO'OLELO OF LEI**  
Lei demonstration and talk story.  
Welina Terrace, 9am-10am

**GUIDED HIKE BEGINNER**   
Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm

**BILL HAMILTON POINT OF VIEW**  
Talk story and epic surf tales with a surf legend.  
Neighbors, 10am-11am  
\*Available 10/2 & 10/16

**KAUA'I TALK STORY**  
Ocean and wetland birds with Friends of Kaua'i Wildlife Refuges.  
Welina Terrace, 10am-11am  
\*Available 10/9 & 10/30

**KETTLEBELL**  
High intensity ballistic muscle workout.  
Anatomy, 11:30am-12:20pm

**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, 4pm-5pm

### SEEDLINGS

**'OHANA MOVES**   
Get the whole family moving and grooving with a fun-filled workout.  
Hala, 1pm-1:50pm, Age 5+

## pō'ahā thursday

**SUNRISE FLOW**  
Smooth, flowing morning asanas.  
Meet at Anatomy, 6:55am-7:50am

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

**TI-LEAF LEI MAKING**  
Hand craft this Hawaiian expression of aloha.  
Kaulu Hale, 9am-10am  
\*Available 10/10 & 10/24

**COFFEE CURIOSITIES**   
A chat on the history of mastering the perfect cup of coffee.  
Welina Terrace, 10am-11am  
\*Unavailable 10/10

**POHAKU PAINTING**  
Create life story art on stones, inspired by Hawaiian petroglyphs.  
Kaulu Hale, 10:30am-11:30am  
\*Available 10/10 & 10/24

**SACRED SOUND SANCTUARY**  
Renew your spirit through sound, breath, and meditation.  
Hala, 11:30am-12:30pm

**HOT PILATES**   
Heat mat-based class concentrated on control and flow.  
Hala, 3:30pm-4:20pm

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

**HAPPY HOUR GOLF CART TOUR**  
Land and ocean stories with stunning sunset location at final stop.  
Princeville Makai Course, 4:30pm

### SEEDLINGS

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

**KEIKI ALOHA HOUR**   
Open play for children with their parent/guardian.  
Seedling Basecamp, 2pm-3:30pm

## pō'alima friday

**SUNRISE FLOW**  
Smooth, flowing morning asanas.  
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

**1 BOX**   
Intense cardio boxing workout.  
Anatomy, 11:30am-12:20pm

**GUIDED HIKE BEGINNER**   
Follow footsteps of a local expert.  
Porte Cochère, 8:45am-12pm

**1 RESET**   
Sink into a cloud cushion while syncing to binaural beats.  
Hala, 11:30am-12:30pm

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease pain, relax muscles, and boost circulation.  
Hala, 3:30pm-4:20pm

**ROOTED IN NATURE MEDITATION JOURNEY**   
Awaken your senses with this restorative, calming experience.  
Meet at Anatomy, 4:55pm-6pm

## pō'aono saturday

**SUNRISE FLOW**  
Smooth, flowing morning asanas.  
Meet at Anatomy, 6:55am-7:50am

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

**HOT PILATES**  
Heat mat-based class concentrated on control and flow.  
Hala, 11:30am-12:20pm

**GLUTE CAMP**  
Leg workout for strength and definition.  
Hala, 3:30pm-4:20pm

**RESTORATIVE YOGA**  
Quiet the mind and relieve tension in the body.  
Hala, 5pm-5:50pm



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**

