

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 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 fish pond 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

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.

To reserve excursions
and activities,
visit concierge or call
808.826.9644

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.*

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

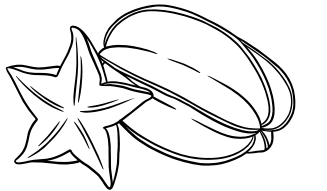
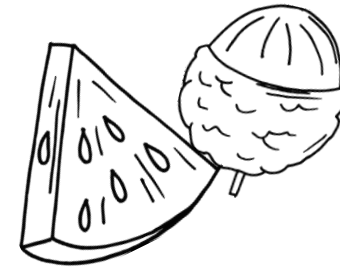
Paddle out and learn the Hawaiian art of surfing. Seasoned instructors provide group or private lessons.

BOTANICAL GARDENS

Experience an oasis of biodiversity as you wander through lush gardens at one of Kaua'i's stunning botanical gardens.

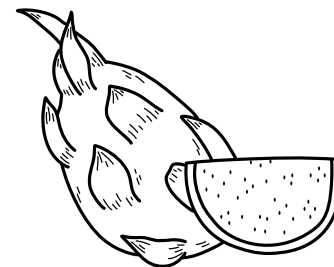
COMMON GROUND FOOD FOREST & DINNER EVENT

Explore regenerative farming with a working food forest followed by a plant based dinner experience.



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.

dark sky & shearwater season

We focus on wildlife-friendly lighting to protect the native species in Kaua'i. Until December 15, we reduce our light emissions to safeguard the Newell's Shearwater fledglings. Learn more about our efforts with our partner We Care Kaua'i.

Mondays, 10/7 & 10/21
Neighbors, 4pm-5pm

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
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 to book your session.

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
The Sandbox
Monday, 6pm-8pm

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-9am

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 tropical cocktail.
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

CACAO TEA TASTING
Tropical plant talk story and tastings with local organic farmer.
Welina Terrace, 10am-11am
*Available 10/22

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

HAPPY HOUR GOLF CART TOUR
Beautiful views, stories of the land and ocean, and stunning sunset location at final stop.
Princeville Makai Course, 4:30pm - Sunset

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-9:30am

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

OCEAN & WETLAND BIRDS
Local experts talk story about the island's unique & protected wildlife.
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

PŌHAKU PAINTING
Explore the significance of rocks in Hawaiian culture through art.
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

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.
Seedlings 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-9am

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

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

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.

