

NURTURING
THE EARTH,
NOURISHING
OURSELVES

Earth Month is a time to honor the deep connection between human wellbeing and the health of our planet. The air we breathe, the water we drink, the food that nourishes us, and the landscapes that restore our spirits all come from the Earth. When we care for these natural systems, we support not only the environment—but our own wellbeing.

At 1 Hotel Hanalei Bay, surrounded by the beauty of Kauaʻi’s mountains, ocean, and lush valleys, we invite you to reconnect with nature through simple, mindful practices.

Reconnect with the Earth’s Natural Rhythm
The Earth emits a natural electromagnetic frequency which researchers associate with relaxation and nervous system balance. Spending time barefoot on grass, sand, or soil—sometimes called grounding—can help you reconnect with these natural rhythms. A quiet walk along Hanalei Bay’s shoreline can be a powerful way to restore both body and mind.

Choose Local & Seasonal Foods
Enjoying locally grown and seasonal foods supports Kauaʻi’s farmers and reduces the environmental impact of long-distance transportation. It also allows you to experience the island’s freshest flavors while nourishing your body.

Be Conscious of Your Footprint
Small choices can make a meaningful difference. Choose reef-safe sunscreen to help protect Hawaiʻi’s fragile coral reefs, and carry reusable items such as a water bottle, coffee cup, or shopping bag to reduce waste. These simple actions help preserve our oceans, wildlife, and the natural beauty of Hanalei Bay for generations to come.

Be Mindful of Energy & Water Use
Simple habits—turning off lights, reusing towels, and taking mindful showers—help conserve the island’s precious resources.

Support Community Stewardship
Participating in beach cleanups, conservation efforts, or local stewardship activities helps care for the places we share while strengthening our connection to the island and its community.

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
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.
Tuesday - Saturday, 9am-5pm

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MĀLAMA
GIVE BACK

Give back to the community through passion and purpose

WAIPĀ- FOUNDATION FOOD & FARM TOURS
In-depth experience of the Hawaiian cultural relationship between people, food, and ʻāina (natural resources). Topics vary. Learn more at waipafoundation.org/foodand-farm-tours
Tues, Weds & Thurs

HAWAIʻI LAND TRUST COASTAL RESTORATION
First Sunday of the month or by appointment, Kahili Preserve. Learn more hilt.org/volunteer
Days and locations vary

SURFRIDER KAUAʻI NET PATROL AND BEACH CLEANUPS
Learn more at kauai.surfrider.org/events
For details call 808.635.2593
Days and locations vary

FIELD TRIP FOR SHELTER DOGS
Share the love with pups who need it most. Visit kauaihumane.org/service/field-trips to reserve your date.
By Reservation

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.



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!

To reserve excursions and activities, visit concierge or call 808.826.9644

HUAKAʻI
ADVENTURES

OCEAN EXPERIENCES
Stand Up Paddle Boards
Bodyboards
Snorkeling
River Kayaking
Outrigger Canoe Tours
Visit Beach Activities
Hale, Puʻu Poa Beach
**Excursions and rentals are weather and surf permitting*

CRUISER, MOUNTAIN & E-BIKES
Valet Desk, Porte Cochere
Daily, 9am-4pm, first-come first-served basis
**Book online*

GOLF &
TENNIS CLUB

DRIVING RANGE
Princeville 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

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, 8am-5pm, Available by reservation

PHOTOGRAPHY

CORAL PHOTOGRAPHY
Stop by 4th floor or email 1hk@coralphotography.com to book your session.
Daily, By Appointment

KAUAʻI’S PREMIER
ACTIVITIES

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 OR SUNSET SAIL
Choose between a leisurely sail on Kauaʻi’s south shore or indulge in a delectable dinner cruise featuring breathtaking views of the 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.

guiding
your stay

APRIL

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



SEEDLINGS
ALOHA CAMP

Our licensed camp for children ages 5-12 years old is a hub of imagination and discovery, creating an environment where kids can simply be kids.

ALOHA CAMP 
Monday - Saturday
Seedlings Basecamp,
Full day, 9am-3pm
Half day: 9am-12pm, 12pm -3pm



Reservations required
for ages 5-12

‘OHANA
ACTIVITY
ROOM

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

RESTAURANTS
& BARS

1 KITCHEN
Breakfast | 6:30am-10:30am
Lunch | 11:30am-3pm
Dinner | 5:30pm-9pm
Bar | 10:30am-10pm
Sunday Brunch | 11:30am-3pm

SUNRISE NOURISHMENT BAR
6:30am-11am

WELINA TERRACE
Bar | 4pm-10pm
Bites | 4pm-9pm
Live Music | 6pm-9pm

THE SANDBOX
Tuesday- Thursday
Bar | 10am-6pm
All Day Dining | 11am-5pm

Friday - Monday
Bar | 10am - 8pm
All Day Dining | 11am-5pm
Dinner | 5:30pm - 8pm

NEIGHBORS
6am-3pm

WAI’OLI
10am-5pm

WELINA MAI ME KE ALOHA! OUR DAYLIFE OFFERINGS ARE DESIGNED TO IMMERSE YOU IN THE ELEMENTS THAT MAKE US WHO WE ARE, FOCUSED ON LIVING IN HARMONY WITH OUR NATURAL WORLD.

SUNDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR 
Kaua’i trails, wildlife & living stories.
Porte Cochère, 8am-10am

1 BEACH BODY 
Cardio and strength training.
Meet at Anatomy, 9am-9:50am
*Beachside weather permitting

EASTER ARTISAN MARKET 
Featuring local makers and artisans.
Lobby, 9am-2pm
*Available 4/5

1 BOX
Boxing fundamentals & bag training.
Anatomy, 10am-10:50am

EASTER EGG HUNT 
Egg hunt for keiki and ‘ohana.
Sandbox, 4/5 11am-1pm
*Available 4/5

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 11:30am–12:20pm

WAFF FLOW 
Balance, mobility & control.
Hala, 1pm-1:50pm

KEIKI BUBBLE HOUR 
Bubbles & games for keiki.
Sandbox Lawn, 2pm-3pm

GLUTE CAMP
Lower-body strength and definition.
Anatomy, 2pm-2:50pm

ALOHA GLOW: NATURE’S LIP BALM
Make a botanical lip balm. 
Kaulu Hale, 4pm-5pm
*Available 4.19 & 4.26

‘OHANA 1 STRETCH 
Move and stretch together.
Hala, 4:30pm-5:20pm

ARTIST IN RESIDENCE: ZOE ROSE 
Collection inspired by nature and spirit.

Kaulu Hale, 5pm-8pm
*Available 4/19

FIRE RITUAL 
Mesmerizing fireknife performance.
Sandbox, 6:30pm

MONDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK 
Caring for our reef and sea life.
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

1 BEACH BODY 
Cardio and strength training.
Meet at Anatomy, 9am–9:50am
*Beachside weather permitting

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

SEMI-PRIVATE REFORMER 
Personalized reformer session.
Fitness Hale, 9am-:9:50am

‘UKULELE MOMENTS 
Strum, play and embrace
Hawaiian melodies.
Kaulu Hale, 10:30am–11:30am

MAT PILATES
Focused on control and flow.
Hala, 10:30am–11:20am

GLUTE CAMP
Lower-body strength and definition.
Anatomy, 11:30am-12:20pm

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 1pm-1:50pm

1 TRAINING CAMP 
Unlock power, speed and agility.
Anatomy, 2pm- 2:50pm

PAINT & SIP-KEIKI EDITION 
Little artists paint and sip POG juice.
Kaulu Hale, 3pm-3:50pm

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
Hala, 4:30pm-5:20pm

KEIKI PAJAMA PARTY 
A cozy indoor film experience for keiki.
Seedlings Basecamp, 5pm-8pm
*Ages 5-12, Evening Camp Experience

TUESDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR 
Kaud’i trails, wildlife & living stories.
Porte Cochère, 8am-10am

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 9am–9:50am

SEMI-PRIVATE REFORMER 
Personalized reformer session.
Fitness Hale, 9am-9:50am

HATHA YOGA
Mindful movement for balance.
Hala, 11am-11:50am

1 BEACH BODY 
Cardio and strength training.
Meet at Anatomy, 11:30am-12:20pm
*Beachside weather permitting

THE PERFECT MAI TAI 
Tropical cocktail secrets.
Welina Terrace, 1pm-2pm, Age 21+

SEEDLINGS ALOHA HOUR 
Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

‘OHANA MOVES 
Family fitness for ‘ohana.
Hala, 2:30pm–3:20pm

‘OHANA LEI MAKING 
Craft and culture.
Kaulu Hale, 4pm-5pm

1 STRETCH
Mobility and body awareness.
Hala, 4:30pm-5:20pm

WEDNESDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK 
Caring for our reef and sea life.
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

NATURE WALKING MEDITATION 
Reset and reflect.
Meet at Anatomy, 9am-9:50am

SEMI-PRIVATE REFORMER 
Personalized reformer session.
Fitness Hale, 9am-9:50am

TRUNK SHOW 
Ocean-conscious local artisans.
Goodthings, 9am-2pm

SACRED PLANT CONNECTION 
Garden walk and ritual oil workshop.
Kaulu Hale, 10am-12pm
*Available 4/1 & 4/15

BILL HAMILTON POINT OF VIEW 
Surf stories with a legendary surfer.
Neighbors, 10am–11am
*Available 4/1 & 4/18 only

THE LIVING CANVAS 
Live art celebrating Earth day.
Lobby, 12pm-3pm
*Available 4/22

1 BOX
Boxing fundamentals & bag training.
Anatomy, 11:30am-12:20pm

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 12pm -12:50pm
*Unavailable 4/22

KETTLE BELL FLOW 
Heated control & flow.
Hala, 1pm-1:50pm
*Unavailable 4/22

TEQUILA + MEZCAL TASTING
Curated tequila tasting.
Welina Terrace, 1pm-2pm, Age 21+

STRESS MANAGEMENT MEDITATION 
Guided meditation for calm and focus.
Hala, 2:30pm- 3:20pm
*Unavailable 4/22

THURSDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR 
Kaua’i trails, wildlife & living stories.
Porte Cochère, 8am-10am

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 9am– 9:50am

SEMI-PRIVATE REFORMER 
Personalized reformer session.
Fitness Hale, 9am-9:50am

‘OHANA MOVES 
Family fitness for ‘ohana.
Hala, 10:30am–11:20am

KAUAI BEE TEAM: TALK STORY 
Honeybees and nature’s healing power.
Welina Terrace, 11am-12pm
*Available 4/23

1 BEACH BODY 
Cardio and strength training.
Meet at Anatomy, 11:30am-12:20pm
*Beachside weather permitting

RESTORATIVE PILATES
Strengthen, tone, and rejuvenate.
Hala, 12pm-12:50pm

LAVA MALA BEAD JOURNEY 
Lava bead malas with essential oils.
Kaulu Hale, 1pm-2pm

PAINT AND SIP 
Watercolor & wine workshop.
Kaulu Hale, 4pm–6pm

WAFF FLOW 
Stability, mobility, proprioception.
Hala, 4:30pm-5:20pm

KEIKI PAJAMA PARTY 
A cozy indoor film experience for keiki.
Seedlings Basecamp, 5pm-8pm
*Ages 5-12, Evening Camp Experience

FRIDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK 
Caring for our reef and sea life.
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

TRUNK SHOW 
Ocean-conscious local artisans.
Goodthings, 9am-2pm

1 BEACH BODY 
Cardio and strength training.
Meet at Anatomy, 9am- 9:50am

MAT PILATES
Focused on control and flow.
Hala, 9am-9:50am

SEMI-PRIVATE REFORMER 
Personalized reformer session.
Fitness Hale, 11am-11:50am

1 BOX
Boxing fundamentals & bag training.
Anatomy, 11am-11:50am

‘OHANA 1 STRETCH 
Move and stretch together.
Hala, 11:30am-12:20pm

SEEDLINGS ALOHA HOUR 
Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

1 TRAINING CAMP 
Unlock power, speed, and agility.
Anatomy, 2pm-2:50pm

‘OHANA LEI MAKING 
Craft and culture.
Kaulu Hale, 2:30pm-3:30pm

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
Hala, 4:30pm-5:20pm

ARTIST IN RESIDENCE: ZOE ROSE 
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 4/17

FIRE RITUAL 
Mesmerizing fireknife performance.
Sandbox, 6:30pm

SATURDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at Anatomy, 6:55am-7:50am

1 BEACH BODY 
Cardio and strength training.
Meet at Anatomy, 9am-9:50am
*Beachside weather permitting.

YIN YOGA
Quiet the mind, relax the body,reset.
Hala, 9am- 9:50am

TRUNK SHOW 
Ocean-conscious local artisans.
Goodthings, 9am-2pm

HOT YOGA
Heated flow and smooth transitions.
Hala, 10:30am-11:20am

WAFF FLOW 
Stability, mobility, proprioception.
Hala, 1pm-1:50pm

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

1 RESET 
Binaural weightless meditation.
Anatomy, 4:30pm-5:20pm

**ARTIST IN RESIDENCE:
ZOE ROSE** 
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 4/18

FIRE RITUAL 
Mesmerizing fireknife performance.
Sandbox, 6:30pm

INSPIRED BY
NATURE’S
WISDOM

In honor of Earth Month, our experiences are inspired by nature’s healing properties, supporting balance, renewal, and deeper connection.

NATURE WALKING MEDITATION
Wednesdays 9am
Anatomy

Move your body with a balanced blend of cardio and strength on the beach. This energizing workout builds endurance, stability, and strength, finishing with a mindful stretch and cool down. Open to all levels.

CORAL REEF TALK
Mondays, Wednesdays, Fridays at 8:30am
Beach Activity Hale

Take a brief “dive” into the vibrant world of coral reefs, their incredible marine life, and the vital role they play in ocean health. Talk story with our team and learn simple ways we can all help protect these precious underwater ecosystems.

OCEAN FLOAT EXPERIENCE
By Reservation
Bamford Wellness Spa

Drift in a magnesium-rich solution that recreates the calm sensation of floating in the ocean. Free from sound and light, this restorative experience eases tension, supports deep relaxation, and restores balance to body and mind.

SOMADOME MEDITATION POD
By Reservation
Bamford Wellness Spa
A guided meditation, calming frequencies, gentle light, and crystals aligned along the spine to balance the chakras—helping the mind relax, releasing tension, and encouraging deeper, more restorative rest. Sound frequency mimicking Earth’s hrz.

INTUITIVE HERBAL RITUAL
By Reservation
Bamford Wellness Spa
This nurturing spa ritual uses calming aromatics, grounding touch, and rhythmic techniques to promote relaxation—helping the mind let go, soften stress held in the body, and naturally transition into a state that supports deeper, more restful sleep.

SACRED PLANT CONNECTION
By Reservation
Kaulu Hale

A two-part immersive experience that begins with a guided walk through our medicinal garden, exploring the healing properties and cultural significance of native plants. The journey continues with an intentional, hands-on workshop where guests create their own personalized ritual oil blends, guided by breath, meditation, and an intuitive connection to nature.

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

TEEN-FRIENDLY 
Age 12+

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 event.

NO RESERVATIONS REQUIRED 



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!