

NATURE’S
RHYTHM:

A Celebration of Summer Wellbeing

This August, immerse yourself in the rhythms of Hanalei Bay. Inspired by the restorative power of nature, our wellness experiences invite you to move with intention, nourish deeply, and reconnect with what matters most. Through ocean-inspired rituals, mindful movement, recovery therapies, and seasonal nourishment, discover a summer of vitality rooted in the beauty and balance of Hawai’i.

LONGEVITY & RENEWAL
By Reservation
Bamford Wellness Spa,
Anatomy Fitness & Vitality Kaua’i
Support long-term vitality through advanced diagnostics, restorative therapies, and personalized wellness insights designed to optimize cellular health, recovery, and healthy aging.

- VO2 Max & InBody Assessment
- Private Strength & Mobility Session
- Hyperbaric Oxygen Therapy
- Infrared Sauna
- Hawaiian Herbal Body Treatment
- DEXA Scan and Consultation
- Glutathione IV Infusion

NEURO FITNESS
By Reservation
Bamford Wellness Spa,
Anatomy Fitness & Vitality Kaua’i
Enhance focus, mental clarity, and resilience through a thoughtfully designed experience combining movement, meditation, recovery therapies, and cognitive wellness support.

- Private Body Architect Session
- Contrast Therapy
- Somadome Meditation Pod
- Ocean Float Experience
- IV Infusion

IV INFUSION AND NAD+
By Reservation
Vitality Kaua’i
Enhance your wellbeing with NAD+ and IV Hydration therapies designed to support energy, mental clarity, recovery, and overall vitality. With zero downtime, these restorative treatments help replenish and rebalance the body—so you can feel refreshed, revitalized, and fully immersed in the rhythm of Hanalei Bay from the moment you arrive.

To reserve excursions and 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 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

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 GOLF CART 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

HAWAIIAN
CULTURE

Guided by the rhythms, stories, and spirit of Kaua’i

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

ISLAND SAILS - WA’A
Experience Hanalei Bay aboard Kupaaloo, a traditional Hawaiian sailing canoe hand-built by Captain Trevor Cabell, for an intimate journey through the beauty and spirit of Kaua’i’s north shore.

MĀLAMA
GIVEBACK

Give back to the community through passion and purpose

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

SURFRIDER KAUA’I 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 KAUA’I
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 Hawai’i. Browse our initiatives on KanuHawaii.org

MARINE DEBRIS CLEAN-UP
Leave things better than you found them as you explore Kaua’i’s beautiful beaches. Ocean bags for marine debris pick-up available at Porte Cochère.

HUAKA’I
ADVENTURES

OCEAN EXPERIENCES
Stand Up Paddle Boards
Bodyboards
Snorkeling
River Kayaking
Outrigger Canoe Tours
Visit Beach Activities Hale, Pu’u 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
*Reservations online

KAUA’I’S
BUCKET LIST

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

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 OR
SUNSET SAIL
Choose between a leisurely sail on Kaua’i’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 Kaua’i’s diverse beauty. View iconic locations such as Spouting Horn, Waimea Canyon and Fern Grotto.

FISHING
Cast your line from a local deep-sea fishing charter and experience the thrill as you reel in prized catches, including Marlin, Ono, Ahi, and more.

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.

HANALEI TOWN
SHUTTLE

DAILY SHUTTLE \$
Service offered hourly to Hanalei Town Center, Pavilions Beach
Operated by The Hanalei Initiative
Daily 8am-6pm, Porte Cochere
*Reservations required

HĀ’ENA
SHUTTLE

DAILY SHUTTLE \$
Service offered to Kalalau Trail Head, Hā’ena State Beach and Ke’e Beach
Operated by The Hanalei Initiative
Pick Up at Princeville Makai Golf Club
*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!

RESORT FEE

A daily resort fee offers unique amenities including our lobby farmstand with fresh seasonal fruit, bicycle rentals, Audi Experience: e-tron drive program, pet beds for our four-legged guests, reef-safe sunscreen, preferred tee times and discounts at Princeville Makai Golf Club and daily happenings such as fitness and wellness experiences, outdoor pursuits, and Hawaiian cultural classes.

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

KEIKI EVENING CAMP 
Monday & Thursday, 5pm-8pm

Reservations required
Available for ages 5-12

ALOHA HOUR  
Tuesday & Friday, 1pm-2pm
Children must be accompanied by a parent/guardian.

WELLNESS

BAMFORD WELLNESS SPA
Daily, 9am-6pm

VITALITY KAUA'I MED SPA
Monday-Saturday, 9am-5pm

ANATOMY GYM
Daily, 24 hours

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
5:30am-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 and living stories.
Porte Cochère, 8am-10am

YOGA SCULPT
High-intensity yoga and strength.
Hala, 9am-9:50am
*Unavailable 8/23

ARTISAN MARKET  
Featuring local makers and artisans.
Lobby, 9am-2pm

MOVEMENT AS MEDICINE 
Movement for vitality, balance, and well-being.
Hala, 11am-11:50am
*Unavailable 8/23

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

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

1 RESET 
Binaural weightless meditation.
Hala, 3pm-3:50pm
*Unavailable 8/23

GYM JUMPSTART
Beginner full body strength circuit.
Anatomy, 3pm-3:50pm
*Unavailable 8/2 & 8/9

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

FIRE RITUAL 
Mesmerizing fireknife performance.
The Sandbox, 7pm

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
*Unavailable 8/10 & 8/17; responsible for own transportation

HOT YOGA
Heated flow with smooth transitions.
Hala, 9am-9:50am

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

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

REFORMER COLLECTIVE 
Personalized Pilates reformer session.
Fitness Hale, 11am-11:50am
*Unavailable 8/17

INTUITIVE REFORMER 
Restorative Reformer for mindful recovery.
Fitness Hale, 12pm-12:50pm
*Unavailable 8/17

1 TRAINING CAMP 
Unlock power, speed and agility.
Anatomy, 3pm-3:50pm
*Unavailable 8/3 & 8/10

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

KEIKI EVENING CAMP 
A cozy indoor film experience for kids.
Seedlings Basecamp, 5pm-8pm
*Ages 5-12

TUESDAY

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

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

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

REFORMER COLLECTIVE 
Personalized Pilates reformer session.
Fitness Hale, 11am-11:50am
*Unavailable 8/18

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 11am-11:50am
*Beachside weather permitting.

LEI ARTIST IN RESIDENCE:  
MELEANA ESTES
Lei po'o or flower-crown making experience rooted in tradition and modern aloha.
Meet at Kaulu Hale, 11am-12:30pm
*Available 8/18

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 12pm-12:50pm
*Unavailable 8/18

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

THE TIMELESS MAI TAI 
Tropical cocktail secrets.
Welina Terrace, 1:30pm-2:20pm, Age 21+

PUA LEI MAKING
Create your own traditional flower lei.
Kaulu Hale, 3pm-3:50pm

GLUTE CAMP
Lower-body strength and definition.
Anatomy, 3pm-3:50pm

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
*Available 8/26; responsible for own transportation

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

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

BILL HAMILTON POINT OF VIEW 
Surf stories with a legendary surfer.
Neighbors, 10am-11am
*Available 8/5

REFORMER COLLECTIVE 
Personalized Pilates reformer session.
Fitness Hale, 11am-11:50am
*Unavailable 8/19

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

LEI ARTIST IN RESIDENCE:  
MELEANA ESTES
Lei po'o or flower-crown making experience rooted in tradition and modern aloha.
Meet at Kaulu Hale, 11am-12:30pm
*Available 8/19

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

WAFF FLOW 
Stability, mobility, proprioception.
Anatomy, 3pm-3:50pm

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

THURSDAY

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

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

SOUL SWEAT
Heated bootcamp workout.
Hala, 9am-9:50am
*Unavailable 8/6 & 8/27

MAT PILATES
Focused on control and flow.
Hala, 9am-9:50am
*Unavailable 8/13 & 8/20

‘OHANA LEI MAKING 
Discover the art of Ti-leaf lei making.
Kaulu Hale, 9am-10am

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

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

REFORMER CIRCUIT 
Cardio-focused and stamina building reformer training.
Fitness Hale, 11am- 11:50am
*Unavailable 8/13 & 8/20

1 BOX
Boxing fundamentals and bag training.
Anatomy, 3pm-3:50pm

PAINT AND SIP  
Watercolor and wine workshop.
Kaulu Hale, 4pm-6pm

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

KEIKI EVENING CAMP 
A cozy indoor film experience for kids.
Seedlings Basecamp, 5pm-8pm
*Ages 5-12

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
*Available 8/28; responsible for own transportation

GLUTE CAMP
Lower-body strength and definition.
Anatomy, 9am-9:50am

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

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 11am- 11:50am
*Unavailable 8/14 & 8/21

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 12pm-12:50pm
*Beachside weather permitting.

KETTLEBELL FLOW
Full-body HIIT workout.
Anatomy, 12pm-12:50pm

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

GYM JUMPSTART
Beginner full body strength circuit.
Anatomy, 3pm-3:50pm

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

FIRE RITUAL 
Mesmerizing fireknife performance.
The Sandbox, 7pm

SATURDAY

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

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

SOUL SWEAT
Heated bootcamp workout.
Hala, 9am- 9:50am

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

MOVEMENT AS MEDICINE 
Movement for vitality, balance, and well-being.
Hala, 12pm-12:50pm
*Unavailable 8/22 & 8/23

WAFF FLOW 
Stability, mobility, proprioception.
Hala, 3pm-3:50pm

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

FIRE RITUAL 
Mesmerizing fire knife performance.
The Sandbox, 7pm

IN SEASON

August invites renewal through experiences that balance energy and restoration, leaving you at 1 with wellness.

MOVEMENT AS MEDICINE 
Rooted in the connection between movement, nature, and well-being, this immersive experience explores how intentional activity supports vitality, recovery, and balance. Experience guided movement, expert insights, and a nourishing wellness shot with a chef-curated healthy bite.
Hala, Saturdays, 12pm-12:50pm & Sundays, 11am-11:50am
*Unavailable 8/22 & 8/23

1 HOTELS X GOOP WELLNESS
Goop-inspired offerings pair nourishing flavors with restorative rituals, inviting you to cultivate radiance and embrace wellness as part of everyday living.

Goop Vitamin C+ Immunity Smoothie
A vibrant blend of citrus, berries, and collagen delivering a refreshing, vitamin-rich boost for everyday vitality.
Neighbors, Daily, 5:30am-3pm

Goop Brightening Facial
A restorative facial with vitamin C and hyaluronic acid to brighten, hydrate, and reveal radiant, refreshed skin.
Bamford Wellness Spa, Daily, 9am-6pm

WELLNESS HOUR
Meet our Body Architects in the lobby for thoughtful conversations exploring holistic wellness philosophies, mindful movement, recovery practices, and simple ways to bring greater balance and vitality into everyday life.
Mondays, 12:00pm*
Wednesdays, 1:00pm
Saturdays, 1:00pm
*Unavailable 8/24



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!



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 