NATURE'S RHYTHM

Our wellness experiences invite you to move with intention, embrace moments of restoration, and reconnect with what matters most. Through mindful movement, recovery therapies, and nature-inspired rituals, discover wellbeing rooted in the beauty and rhythms of Hanalei Bay.

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.

- VO_2 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

JET LAG RESET
By Reservation
Vitality Kaua'i
Arrive, unwind, and feel like yourself again. Our Jet Lag Recovery IV is personalized by Vitality Kaua'i's physician-led team with fluids, electrolytes, and vitamins designed to help you rehydrate and restore your energy after a long flight. Add it to your stay now to receive a complimentary Normatec compression session to boost circulation and ease stiff, swollen legs. Best enjoyed on your day of arrival or the following morning.

KAUA'I'S RENEWAL

Every thoughtful choice helps support Kaua'i's recovery. By shopping local and exploring local experiences, you help sustain the families and small businesses that make our island so special. As you explore, we invite you to tread lightly—supporting businesses that have reopened while giving others the time they need to recover. Mahalo for being part of Kaua'i's continued renewal.

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
Common Ground Kilauea
Anaina Hou Community Park
Limahuli National Tropical Botanical Gardens
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

HUAKA'I ADVENTURES

OCEAN 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 & E-BIKES
Porte Cochere
Daily, by Reservation

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 to reserve your date.
By reservation

WE CARE KAUA'I
Select from wildlife protection programs, coastal cleanups, and trail restorations.
Learn more via WeCareKauai.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 pickup available at Porte Cochère.

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.

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!

guiding *your stay*

DECEMBER 1 - 19

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY

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.

SEEDLINGS ALOHA CAMP

Our licensed camp for children ages 5–12 years 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.

'OHANA ACTIVITY ROOM
Daily, 8am–8pm

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 | 12pm–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–7pm
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
11am–6pm

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

VINYASA FLOW
Dynamic breath-to-movement flow.
'Ulu, 9am–9:50am

'OHANA LEI MAKING
Discover the art of ti-leaf lei making.
Kaulu Hale, 9am–10am

ARTISAN MARKET
Featuring local makers and artisans.
Lobby, 9am–1pm

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

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

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 12pm–12:50pm
**Unavailable 12/6 & 12/13*

1 BALANCE
Stability, mobility, proprioception.
'Ulu, 1pm–1:50pm

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

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

1 STRETCH
Mobility and body awareness.
'Ulu, 4:30pm–5:20pm

FIRE RITUAL
Mesmerizing fireknife performance.
The Sandbox, 6pm

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
**Guests responsible for own transportation*

SOUL SWEAT
Therapeutic yoga for deep relaxation.
'Ulu, 9am–9:50am
**Unavailable 12/7 & 12/14*

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

REFORMER COLLECTIVE
Personalized Pilates reformer session.
Fitness Hale, 10am–10:50am
**Unavailable 12/7*

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

SLOW FLOW YOGA
A slow-paced, focused practice for max burn.
'Ulu, 11am–11:50am

'OHANA MOVES
A playful movement experience for families to move, explore, and have fun together.
'Ulu, 1pm–1:50pm
**Unavailable 12/7*

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

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
'Ulu, 3pm–3:50pm
**Unavailable 12/7*

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
'Ulu, 4:30pm–5:20pm

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

YOGA SCULPT
High-intensity yoga and strength.
'Ulu, 9am–9:50am

REFORMER COLLECTIVE
Personalized Pilates reformer session.
Fitness Hale, 10am–10:50am

NATURE WALKING MEDITATION
Reset and reflect.
Meet at Anatomy, 11am–11:50am

MAT PILATES
Focused on control and flow.
'Ulu, 12pm-12:50pm

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 1pm–1:50pm

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

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
'Ulu, 1:30pm–2:20pm

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

HYBRIDX
Strength and endurance training for overall athleticism.
'Ulu, 3pm-3:50pm

LEI MAKING
Create your own traditional lei.
Kaulu Hale, 3pm–3:50pm

1 STRETCH
Mobility and body awareness.
'Ulu, 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
**Guests responsible for own transportation*

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

TRUNK SHOW
Ocean-conscious local artisans.
Lobby, 9am–1pm

THE ART OF LĀ'AU LAPA'AU
Discover the traditions of Hawaiian herbalism through a guided plant walk and herbal oil-making experience, connecting with native plants, ancestral knowledge, and the 'āina.
Meet at Kaulu Hale, 10:00am-11:30am

YOGA SCULPT
High-intensity yoga and strength.
'Ulu, 10am–10:50am

TALK STORY WITH BILL HAMILTON
Surf stories with a legendary surfer.
Neighbors, 10am–11am
**Available 12/2*

METABOLIC MELTDOWN
Plyometric training for max burn.
Anatomy, 11am–11:50am

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

1 TRAINING CAMP
Unlock power, speed, and agility.
Anatomy, 3pm–3:50pm

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
'Ulu, 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

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

TRUNK SHOW
Ocean-conscious local artisans.
Lobby, 9am–1pm

MAT PILATES
Focused on control and flow.
'Ulu, 10am–10:50am

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 11am–11:50am

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
'Ulu, 3pm–3:50pm

DARK SKY BIRD CONSERVATION SERIES
Every fall, young Newell's Shearwaters take flight. Learn how simple changes can help protect their journey to sea.
Lobby, 3pm–4pm
**Available 12/10*

PAINT AND SIP
Watercolor and wine workshop.
Kaulu Hale, 4pm–6pm
**Available 12/17*

1 RESET
Binaural weightless meditation.
'Ulu, 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
**Guests responsible for own transportation*

VINYASA FLOW
A flowing yoga practice linking breath with movement.
'Ulu, 9am-9:50am
**Unavailable 12/4 & 12/11*

TRUNK SHOW
Ocean-conscious local artisans.
Lobby, 9am–1pm

KETTLEBELL FLOW
Full-body HIIT workout.
Anatomy, 10am–10:50am

REFORMER CIRCUIT
Fast-paced training for cardio and endurance.
Fitness Hale, 11am–11:50am

GLUTE CAMP
Lower-body strength and definition.
Anatomy, 12pm–12:50pm

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

1 STRETCH
Mobility and body awareness.
'Ulu, 3pm–3:50pm
**Unavailable 12/4 & 12/11*

REFORMER COLLECTIVE
Personalized Pilates reformer session.
Fitness Hale, 3pm–3:50pm

'OHANA MOVES
A playful movement experience for families to move, explore, and have fun together.
'Ulu, 4:30pm–5:20pm

FIRE RITUAL
Mesmerizing fireknife performance.
The Sandbox, 6pm

SATURDAY

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

1 CORE
Build core strength and power through dynamic strength and cardio.
'Ulu, 9am–9:50am
**Unavailable 12/5 & 12/12*

TRUNK SHOW
Ocean-conscious local artisans.
Lobby, 9am–1pm

MAT PILATES
Focused on control and flow.
'Ulu, 10am–10:50am

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

SLOW FLOW YOGA
A slow-paced focused practice for max burn.
'Ulu, 12pm–12:50pm

REFORMER COLLECTIVE
Personalized Pilates reformer session.
Fitness Hale, 1pm–1:50pm

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

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
'Ulu, 3pm–3:50pm

1 RESET
Binaural weightless meditation.
'Ulu, 4:30pm–5:20pm

FIRE RITUAL
Mesmerizing fireknife performance.
The Sandbox, 6pm

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!

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IN SEASON

Connect more deeply with the island through experiences that celebrate its people, culture, and natural rhythms. From meaningful conversations and gatherings around the table to encounters with local makers and stewards of the land, each experience offers an opportunity to discover the stories that make Kaua'i so extraordinary.

DARK SKY BIRD CONSERVATION SERIES
As young Newell's shearwaters take their first journey to the ocean each fall, reducing light pollution helps keep their natural flight path guided by the moon.
Lobby, Thursday, 12/10, 3pm–4pm

THE ART OF LĀ'AU LAPA'AU
Explore the rich plant traditions of Hawai'i on a guided walk through the property, then create your own infused herbal oil. Discover the connection between native botanicals, cultural wisdom, and the 'āina through a mindful, hands-on experience inspired by the natural world.
Meet at Kaulu Hale, Wednesdays, 10am–11:30am

SUNDAY ARTISAN MARKET
Discover Kaua'i's vibrant maker community each Sunday, where local artisans, handcrafted goods, and island stories come together in a celebration of creativity and connection.
Lobby, Sundays, 9am–1pm

ROOTED IN PLACE: A HARVEST DINNER
Gather for an intimate five-course, wine-paired dinner inspired by the seasonal abundance of Waipā Foundation, celebrating Kaua'i's vibrant ingredients, local growers, and connection to the land.
1 Kitchen, Wednesday, 12/16, 6:30pm-9pm

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
Hanalei, Weekly