

AUDI EXCURSIONS

Drive sustainably foward with the offical 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

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*

MĀLAMA • GIVE BACK

Give back to the community through passion and purpose

WAI PĀ- 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*

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.



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

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
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*

KAUA’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 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.

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

FEBRUARY

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,
Half day, 9am-12pm
Full day, 9am-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-11am
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

THE SANDBOX
Tuesday-Sunday
Bar | 10am-6pm
Restaurant | 11:30am-5pm

Monday
Bar | 10am - 8pm
Restaurant | 11:30am-8pm

NEIGHBORS
6am-3pm

WAI’OLI
9am-5pm

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

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

1 BOX
Boxing fundamentals & bag training.
Anatomy, 9:30am-10:20am, 2/1 &
12pm-12:50pm, 2/8 only

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 11am-11:50am

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 12pm-12:50pm
*Unavailable 2/8

WAFF FLOW 💰
Balance, mobility & control.
Hala, 12:30pm-1:20pm, 2/1 &
3pm-3:50pm, 2/8 only

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
Hala, 2pm-2:50pm, 2/1 &
4:30pm-5:20pm, 2/8 only

GLUTE CAMP
Lower-body strength and definition.
Anatomy, 3pm-3:50pm
*Unavailable 2/8

‘OHANA 1 STRETCH 🌱
Move and stretch together.
Hala, 4:30pm-5:20pm
*Unavailable 2/8

MONDAY

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

CORAL REEF TALK 🌱🌿
Caring for our reef and sea life.
Beach Activities Hale, 8:30am-9am

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

HULA, HAWAIIAN DANCE 🌟
Embody the island’s cultural dance.
Kaulu Hale, 9am-10am
*Unavailable 2/9

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 9:30am-10:20am
*Unavailable 2/2

‘UKULELE MOMENTS 🌟
Strum Hawaiian melodies.
Kaulu Hale, 10:30am-11:30am
*Unavailable 2/9

MAT PILATES
Focused on control and flow.
Hala, 11am-11:50am
*Unavailable 2/2

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

GOLF STRENGTH 💰
Boost power, stability, and recovery.
Anatomy, 1pm-2pm

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 2pm-2:50pm
*Unavailable 2/2

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

ALOHA GLOW: NATURE’S LIP BALM
Make a botanical lip balm. 💰🌱
Kaulu Hale, 4pm- 5pm
*Available 2/23 only

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

TUESDAY

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

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

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

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 9:30am-10:20am
*Unavailable 2/3

RHYTHMS OF RENEWAL: SLEEP
Optimize circadian rhythms.
Welina Terrace, 11am-11:50am

YOGA ARM BALANCE 💰
Explore arm balance foundations.
Hala, 11am-11:50am

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 12pm-12:50pm

‘OHANA MOVES
Family fitness for 'ohana.
Hala, 12:30pm-1:20pm
*Unavailable 2/3

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

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 2pm-2:50pm
*Unavailable 2/3

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

‘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.
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

HATHA YOGA
Mindful movement for balance.
Hala, 9am-9:50am

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

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 9:30am-10:20am, 2/11 & 2/25;
11am-11:50am, 2/18 only

BILL HAMILTON POINT OF VIEW 🌱
Surf stories with a legendary surfer.
Neighbors, 10am-11am, 2/4 & 2/18 only

‘OHANA MINDFUL YOGA 🌟
Calm through movement.
Hala, 11am-11:50am

1 BOX
Boxing fundamentals & bag training.
Anatomy, 12pm-12:50pm
*Unavailable 2/18

HOT PILATES
Heated control & flow.
Hala, 12:30pm-1:20pm
*Unavailable 2/4

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

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 2pm-2:50pm, 2/11 & 2/25; 4:30pm-
5:20pm, 2/18 only

KETTLEBELL FLOW
A full-body HIIT workout built on
functional, compound movements.
Anatomy, 3pm-3:50pm
*Unavailable 2/18

1 RESET 💰
Binaural weightless meditation.
Hala, 4:30pm-5:20pm
*Unavailable 2/18

THURSDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
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, 9:30am-10:20am, 2/12 &
2/26; 11am-11:50am, 2/19 only

FOOD AS MEDICINE: INFLAMMATION
Wellness talk and taste.
Kaulu Hale, 11am-11:50am

RESTORATIVE PILATES
Strengthen, tone, and rejuvenate.
Hala, 11am-11:50am

METABOLIC MELTDOWN
Plyometric training for max burn.
Anatomy, 12pm-12:50pm
*Unavailable 2/19

‘OHANA MOVES 🌱
Family fitness for 'ohana.
Hala, 12:30pm-1:20pm
*Unavailable 2/5

LAVA MALA BEAD JOURNEY 💰🌟
Create custom lava bead malas with
essential oils, combining mindfulness
and Hawaiian volcanic energy.
Kaulu Hale, 1pm-2pm

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 2pm-2:50pm
*Unavailable 2/5
*Available 4:30pm, 2/19

1 STRETCH
Mobility and body awareness.
Hala, 3pm-3:50pm
*Unavailable 2/19

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

WAFF FLOW 💰
Stability, mobility, proprioception.
Hala, 4:30pm-5:20pm
*Unavailable 2/19

FRIDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
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

MAT PILATES
Focused on control and flow.
Hala, 9am-9:50am
*Unavailable 2/6

SOUL SWEAT
Heated bootcamp workout.
Hala, 10:30am-11:20am, 2/13 &
2/27 only

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 11am-11:50am
*Unavailable 2/6

WELLNESS VISION 🌟
Breathe and create visualization.
Kaulu Hale, 11am-11:50am

1 TRAINING CAMP
Unlock power, speed, and agility.
Anatomy, 12pm-12:50pm

‘OHANA 1 STRETCH 🌱
Move and stretch together.
Hala, 12pm-12:50pm, 2/13 & 2/27;
9am-9:50am, 2/6 only

1 BOX
Boxing fundamentals & bag training.
Anatomy, 1:30pm-2:20pm, 2/13 & 2/27;
11am-11:50am, 2/6 only

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

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

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

SATURDAY

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

YIN YOGA
Quiet the mind, relax the body, reset.
Hala, 9am- 9:50am
*Available 11am-11:50am, 2/21

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

GOLF STRENGTH 💰
Boost power, stability, and recovery.
Anatomy, 9:30am-10:20am
*Unavailable 2/7

VINYASA FLOW
Dynamic breath-to-movement flow.
Hala, 12pm-12:50pm, 2/7; 10:30am-
11:20am, 2/14 & 2/28; 12:30pm-
1:20pm, 2/21

PAWS & PLAY 🌱🌿
Fall in love- four paws at a time.
Fort Alexander, 11am-3pm
*Available 2/14

SOUL SWEAT
Heated bootcamp workout.
Hala, 12pm-12:50pm
*Unavailable 2/7

1 BOX
Boxing fundamentals & bag training.
Anatomy, 12:30pm-1:20pm
*Unavailable 2/21

YOGA SCULPT
High-intensity yoga and strength.
Hala, 1:30pm-2:20pm, 2/14 & 2/28;
4:30pm, 2/21 only

1 RESET 💰
Binaural weightless meditation.
Anatomy, 3pm-3:50pm
*Unavailable 2/21

METABOLIC MELTDOWN
Plyometric training for max burn.
Anatomy, 4:30pm-5:20pm
*Unavailable 2/21



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 🌱