

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

mālama • give back

GIVEBACK 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.

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 ActivitiesHale, Puʻu Poa Beach
**Excursions and rentals are weather and surf permitting*

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



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!

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

FEBRUARY

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



february 2026

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.

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

KUPONO 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 only
Anatomy, 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.
Anatomy, 12:30pm-1:20pm, 2/1 only
Anatomy, 3pm-3:50pm, 2/8 only

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
Hala, 2pm-2:50pm, 2/1 only
Hala, 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

RESERVATIONS REQUIRED
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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

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

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

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

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.
Hala, 9:30am-10:20am, *Unavailable 2/3

RHYTHMS OF RENEWAL: CIRCADIAN
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 2/4

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

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Hala, 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.
Hala, 9:30am-10:20am, 2/11 & 2/25
Hala, 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

MINDFUL ‘OHANA 🌟
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
Hala, 4:30pm-4:20, 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.
Hala, 9:30m-10:20am, 2/12 & 2/26
Hala, 11am-11:50am, 2/19
*Unavailable 2/5

FOOD AS MEDICINE: DETOX
Explore cleansing for vitality.
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.
Hala, 2pm-2:50pm
*Unavailable 2/5; 2/19 4:30pm

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

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

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

‘OHANA 1 STRETCH 🌱
Move and stretch together.
Hala, 12pm-12:50pm
*Available 9am-9:50am, 2/6
*Unavailable 2/20

1 BOX
Boxing fundamentals & bag training.
Anatomy, 1:30pm-2:20pm
*2/6 11am-11:50am *Unavailable 2/20

‘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
Hala, 11am-11:50am, 2/21 only

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, 10:30am-11:20am, 2/14 & 2/28
Hala, 12pm- 12:50pm, 2/7 only
Hala, 12:30pm-1:20pm, 2/21 only

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
*Unavailable 2/7, 2/21 4:30pm

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

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 🌿