

# 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](http://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](http://hilt.org/volunteer)  
*Days and locations vary*

**SURFRIDER KAUAʻI NET PATROL AND BEACH CLEANUPS**  
Learn more at [kauai.surfrider.org/events](http://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](http://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](http://WeCareKauai.org)

**PLEDGE FOR OUR KEIKI**  
Sign the pledge, a commitment to respect, care, and protect Hawaiʻi. Browse our initiatives on [KanuHawaii.org](http://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 Activities Hale, 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](mailto: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

**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 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**  
Please scan QR code to reserve

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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  
\*Available 2/23

**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: 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 2/4

**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-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.  
Hala, 9:30m-10:20am, 2/12 & 2/26  
Hala, 11am-11:50am, 2/19  
\*Unavailable 2/5

**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.  
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

**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  
\*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, 12pm- 12:50pm, 2/7 only  
Hala, 10:30am-11:20am, 2/14 & 2/28  
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** 🌿