

## 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 two-hour test drive in a fully electric Audi e-tron. *By Appointment, Reserve with Concierge*

### EXCURSIONS

Limahuli Garden & Preserve  
Ana'ina 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

### 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](http://waipafoundation.org/foodand-farm-tours) *Tues, Weds & Thurs*

### HAWAII 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 KAUAI 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 KAUAI

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 Hawai'i. Browse our initiatives on [KanuHawaii.org](http://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. *Daily, By Appointment*

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 Cochère  
*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](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!

## 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

## MARCH

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



1  
HOTEL  
hanalei bay

# 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

HOT YOGA  
Heated flow with smooth transitions.  
Hala, 9am-9:50am  
\*Unavailable 3/8

1 BOX  
Boxing fundamentals & bag training.  
Anatomy, 9am-9:50am

RESTORATIVE YOGA  
Therapeutic yoga for deep relaxation.  
Hala, 11am-11:50am  
\*Unavailable 3/8

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

WAFF FLOW \$  
Balance, mobility & control.  
Hala, 12:30pm-1:20pm

MYOFASCIAL RELEASE  
Relax muscles and boost circulation.  
Hala, 2pm-2:50pm  
\*Unavailable 3/8

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

'OHANA 1 STRETCH \$  
Move and stretch together.  
Hala, 4:30pm-5:20pm

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

## 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

'OHANA MINDFUL YOGA \$  
Calm through movement.  
Hala, 9am-9:50am

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

SEMI-PRIVATE REFORMER \$  
Personalized reformer session.  
Fitness Hale, 9:30am-10:20am

'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

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

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

'OHANA 1 STRETCH \$  
Move and stretch together.  
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

SEEDLINGS ALOHA HOUR \$  
Discover the Seedlings experience.  
Seedlings Base Camp, 10am-11am

RHYTHMS OF RENEWAL: SLEEP  
Learn about circadian rhythm.  
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

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

SEMI-PRIVATE REFORMER \$  
Personalized reformer session.  
Fitness Hale, 2pm-2:50pm

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

1 RESET \$  
Binaural weightless meditation.  
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

BILL HAMILTON POINT OF VIEW \$  
Surf stories with a legendary surfer.  
Neighbors, 10am-11am  
\*Available 3/4 & 3/18 only

MINDFUL 'OHANA YOGA \$  
Calm through movement.  
Hala, 11am-11:50am

SEMI-PRIVATE REFORMER \$  
Personalized reformer session.  
Fitness Hale, 12pm-12:50pm

1 BOX  
Boxing fundamentals & bag training.  
Anatomy, 12pm-12:50pm

HOT PILATES  
Heated control & flow.  
Hala, 12:30pm-1:20pm

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

'OHANA LEI MAKING \$  
Craft and culture.  
Kaulu Hale, 4pm-5pm

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

WAFF FLOW \$  
Stability, mobility, proprioception.  
Hala, 4:30pm-5:20pm

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

'OHANA 1 STRETCH \$  
Move and stretch together.  
Hala, 12pm-12:50pm

1 BOX  
Boxing fundamentals & bag training.  
Anatomy, 1:30pm-2:20pm

'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

## 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  
\*Available 3/20

'OHANA WELLNESS \$  
Families co-create lasting wellness.  
Kaulu Hale, 11am-11:50am

GUIDED HIKE BEGINNER \$ \$  
Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

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

METABOLIC MELTDOWN  
Plyometric training for max burn.  
Anatomy, 12pm-12:50pm

'OHANA MOVES \$  
Family fitness for 'ohana.  
Hala, 12:30pm-1:20pm

SEEDLINGS ALOHA HOUR \$  
Discover the Seedlings experience.  
Seedlings Base Camp, 10am-11am

RHYTHMS OF RENEWAL: SLEEP  
Learn about circadian rhythm.  
Welina Terrace, 11am-11:50am

SOUL SWEAT  
Heated bootcamp workout.  
Hala, 10:30am-11:20am

SEMI-PRIVATE REFORMER \$  
Personalized reformer session.  
Fitness Hale, 11am-11:50am

PAINT AND SIP \$  
Watercolor & wine workshop.  
Kaulu Hale, 4pm-6pm  
\*Unavailable 3/26

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

1 BOX  
Boxing fundamentals & bag training.  
Anatomy, 1:30pm-2:20pm

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

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

## FRIDAY

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

FLOATING SOUND BATH \$  
Spring Equinox immersion.  
Main Pool, 7:30am-8:20am

YIN YOGA  
Quiet the mind, relax the body, reset.  
Hala, 9am- 9:50am  
\*Unavailable 3/7

TRUNK SHOW \$  
Ocean-conscious local artisans.  
Goodthings, 9am-2pm

GOLF STRENGTH \$  
Boost power, stability, and recovery.  
Anatomy, 9am-10am

MINDFUL 'OHANA \$  
Calm through movement.  
Hala, 10:30am-11:20am  
\*Unavailable 3/7

SOUL SWEAT  
Heated bootcamp workout.  
Hala, 12pm-12:50pm

1 BOX  
Boxing fundamentals & bag training.  
Anatomy, 12:30pm-1:20pm

YOGA SCULPT  
High-intensity yoga and strength.  
Hala, 1:30pm-2:20pm  
\*Unavailable 3/7

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

1 RESET \$  
Binaural weightless meditation.  
Anatomy, 4:30pm-5:20pm

'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<br