SEASON OF GOOD

December 20, 2026 - January 3, 2027

Celebrate the season at 1 Hotel Hanalei Bay, where nature, wellbeing and the spirit of Kaua'i come together. From festive dining and restorative wellness to inspired gatherings and time spent outdoors, discover meaningful and joyful ways to connect, recharge, and celebrate with those you love.

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!

AGE REQUIREMENTS: See class info for more detail.

$ ADDITIONAL FEE AND NO-SHOW FEE APPLIES: A full no-show fee per person applies if not canceled at least 24 hours before the start of the event.

NO RESERVATIONS REQUIRED

SUNDAY

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

KŪPONO E-BIKE TOUR $
Trails, wildlife & living stories
8am–10am, Porte Cochère
Ages 16+

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

'OHANA LEI MAKING
Art of ti-leaf lei making
9am–10am, Kaulu Hale
Ages 8+

HOLIDAY MARKET
Local makers & artisans
9am–1pm, Lobby

RADIANCE & RENEWAL
Gentle yoga plus collagen mask
Dec 27 & Jan 3, 12pm-12:50pm
'Ulu, Ages 12+

1 BOX
Fundamentals & bag training
11am–11:50am, Anatomy

LAU HALA BRACELET WEAVING
Leaves woven into wearable art
10:30am–11:30am, Kaulu Hale
Ages 8+

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

HOLIDAY OXYGEN COLLECTIVE $
Shared hyperbaric oxygen therapy
1pm–1:45pm, Bamford Wellness Spa

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

KEIKI BUBBLE HOUR
Bubbles & lawn games for kids
2pm–3pm, The Sandbox Lawn

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

ARTIST IN RESIDENCE GALLERY
Evening with local water colorist
Dec 27, 4pm-7pm, Kaulu Hale

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

FIRE RITUAL
Mesmerizing fireknife performance
6pm, The Sandbox

MONDAY

SUNRISE MOVEMENT
Mindful mobility session
6:55am–7:50am, Anatomy

CORAL REEF TALK
Reef and sea life insights
8:30am–9am, Hanalei Beach Activities

GUIDED HIKE BEGINNER $
Local expert-led hike
8:45am–12pm, Porte Cochère
*Personal transportation required

SOUL SWEAT
Low-impact, high-intensity workout
9am–9:50am, 'Ulu

HULA, HAWAIIAN DANCE
History & storytelling
island's cultural dance
Dec 28, 9am–10am, Kaulu Hale

TRUNK SHOW
Local makers & artisans
9am–1pm, Lobby

REFORMER COLLECTIVE $
Tailored Pilates reformer session
10am–10:50am, Fitness Hale

'UKULELE MOMENTS
Strum & embrace Hawaiian melodies
Dec 28, 10:30am–11:30am
Kaulu Hale, Ages 12+

SLOW FLOW YOGA
Mindful deep stretch & relaxation
11am–11:50am, 'Ulu

HOLIDAY OXYGEN COLLECTIVE $
Shared hyperbaric oxygen therapy
1pm–1:45pm, Bamford Wellness Spa

'OHANA MOVES
Family fun with movement
1pm–1:50pm, 'Ulu

FESTIVE COOKIE DECORATING
Dec 21 & 28, 1pm–2:30pm, Kolea

LIVE PRINTING WITH NICK KUCHAR
Limited-edition live screen
printing with Nick Kuchar
Dec 21, 3pm–5pm, Neighbors

GLUTE CAMP
Lower-body strength training
3pm–3:50pm, Anatomy

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

MYOFASCIAL RELEASE
Muscle relief & circulation boost
4:30pm–5:20pm, 'Ulu

KEIKI EVENING CAMP
Cozy indoor film experience for kids
5pm–8pm, Seedlings Basecamp
Ages 5-12
Advance Reservations Required

TUESDAY

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

KŪPONO E-BIKE TOUR $
Trails, wildlife & living stories
8am–10am, Porte Cochère
Ages 16+

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

TRUNK SHOW
Local makers & artisans
9am–1pm, Lobby

REFORMER COLLECTIVE $
Tailored Pilates reformer session
10am–10:50am, Fitness Hale

NATURE WALKING MEDITATION
Reset & reflect
11am–11:50am, Anatomy

MAT PILATES
Focused control & flow
12pm–12:50pm , 'Ulu

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

HOLIDAY OXYGEN COLLECTIVE $
Shared hyperbaric oxygen therapy
1pm–1:45pm, Bamford Wellness Spa

MERRY MOMENTS ALOHA HOUR $
Little hands & big imaginations
1pm–2pm, Seedlings Basecamp

THE SALT STUDIO $
Custom bath salts bar
1pm–2pm, Kaulu Hale

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

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

LIVE PRINTING WITH NICK KUCHAR
Limited-edition live screen printing
with Nick Kuchar - 'ohana edition
Dec 22, 3pm–5pm, Neighbors

HYBRIDX
Deep strength & endurance training
3pm–3:50pm, 'Ulu

LEI MAKING
Traditional ti-leaf lei creation
3pm–3:50pm, Kaulu Hale, Ages 12+

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

WEDNESDAY

SUNRISE MOVEMENT
Mindful mobility session
6:55am–7:50am, Anatomy

BREAKFAST WITH SANTA CLAUS
Dec 23, 8am–9:30am, 1 Kitchen

CORAL REEF TALK
Reef and sea life insights
8:30am–9am,
Hanalei Beach Activities

GUIDED HIKE BEGINNER $
Local expert-led hike
8:45am–12pm, Porte Cochère
*Personal transportation required

1 BEACH
Cardio & strength training
8:55am–9:50am, Anatomy
*Beachside weather permitting

TRUNK SHOW
Local makers & artisans
9am–1pm, Lobby

HAWAIIAN HERBALISM $
Hawaiian herbal traditions, guided
plant walk & herbal oil-making
10am–11:30am, Kaulu Hale
Ages 12+

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

TALK STORY WITH BILL HAMILTON
Stories with a legendary surfer
Dec 23, 10am–11am, Neighbors

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

HOLIDAY OXYGEN COLLECTIVE $
Shared hyperbaric oxygen therapy
1pm–1:45pm, Bamford Wellness Spa

KEIKI BUBBLE HOUR
Bubbles & games for kids
2pm–3pm, The Sandbox Lawn

1 TRAINING CAMP $
Power, speed, & agility
3pm–3:50pm, Anatomy

MYOFASCIAL RELEASE
Muscle relief & circulation boost
4:30pm–5:20pm, 'Ulu

SIP & SHOP WELLNESS MARKET
Curated finds & inspired elixirs
Dec 23, 6:30pm–8:30pm, Bamford
Wellness Spa

THURSDAY

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

KŪPONO E-BIKE TOUR $
Trails, wildlife & living stories
8am–10am, Porte Cochère
Ages 16+

A HUI HOU RITUAL
Mindful new year reset
Dec 31, 8:30am-9:20am, Anatomy
*Beachside weather permitting

FREQUENCY SOUND BATH $
Guided meditation through
healing tones of crystal bowls
8:30am–9:20am, 'Ulu

1 BEACH
Cardio & strength training
8:55am–9:50am, Anatomy
*Beachside weather permitting

TRUNK SHOW
Local makers & artisans
9am–1pm, Lobby

MAT PILATES
Focused control & flow
10am–10:50am, 'Ulu

ORNAMENT DECORATING
Dec 24, 10:30am-12:30pm
Kaulu Hale, Age 8+

LAVA MALA: A NEW YEAR RITUAL
Essential oil-infused bracelet
created to set a new intention
Dec 31, 11am-11:50am, Kaulu Hale

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

HOLIDAY OXYGEN COLLECTIVE $
Shared hyperbaric oxygen therapy
1pm–1:45pm, Bamford Wellness Spa

HOLIDAY HUES: FACE PAINTING
Festive face art
2pm–3:30pm, Wai'oli

MYOFASCIAL RELEASE
Muscle relief & circulation boost
3pm–3:50pm, 'Ulu

PAINT & SIP $
Watercolor & wine workshop
4pm–6pm, Kaulu Hale

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

KEIKI EVENING CAMP $
Cozy indoor film experience for kids
5pm–8pm, Seedlings Basecamp
Ages 5-12
Advance Reservations Required

FRIDAY

SUNRISE MOVEMENT
Mindful mobility session
6:55am–7:50am, Anatomy

CORAL REEF TALK
Reef and sea life insights
8:30am–9am,
Hanalei Beach Activities

GUIDED HIKE BEGINNER $
Local expert-led hike
8:45am–12pm, Porte Cochère
*Personal transportation required

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

TRUNK SHOW
Hawaiian artisan showcase
9am–1pm, Lobby

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

REFORMER CIRCUIT $
Cardio & endurance training
11am–11:50am, Fitness Hale

GLUTE CAMP
Lower-body strength training
12pm–12:50pm, Anatomy

HOLIDAY OXYGEN COLLECTIVE $
Shared hyperbaric oxygen therapy
1pm–1:45pm, Welina

MERRY MOMENTS ALOHA HOUR $
Little hands & big imaginations
1pm–2pm, Seedlings Basecamp

SEASON OF RENEWAL: 1 RESET $
Binaural weightless meditation
Dec 25 & Jan 1, 1:30pm-2:20pm, 'Ulu

HOLIDAY HUES: FACE PAINTING
Festive face art
2pm–3:30pm, Wai'oli

1 STRETCH
Mobility & body awareness
3pm–3:50pm, 'Ulu

REFORMER COLLECTIVE $
Tailored Pilates reformer session
3pm–3:50pm, Fitness Hale

'OHANA MOVES
Family fun with movement
4:30pm–5:20pm, 'Ulu

FIRE RITUAL
Mesmerizing fireknife performance
6pm, The Sandbox

SATURDAY

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

1 CORE
Core strength & spinal stability
9am–9:50am, 'Ulu

TRUNK SHOW
Local makers & artisans
9am–1pm, Lobby

MAT PILATES
Focused control & flow
10am–10:50am, 'Ulu

1 BOX
Fundamentals & bag training
11am–11:50am, Anatomy

SLOW FLOW YOGA
Mindful deep stretch & relaxation
12pm–12:50pm, 'Ulu

REFORMER COLLECTIVE $
Tailored Pilates reformer session
1pm–1:50pm, Fitness Hale

HOLIDAY OXYGEN COLLECTIVE $
Shared hyperbaric oxygen therapy
1pm–1:45pm, Bamford Wellness Spa

RUM & CACAO $
Curated island rum & cacao pairings
Dec 26, 2pm-3pm, Welina Terrace
Ages 21+

HOLIDAY HUES: FACE PAINTING
Festive face art
2pm–3:30pm, Wai'oli

GLUTE CAMP
Lower-body strength training
3pm–3:50pm, Anatomy

STRESS MANAGEMENT MEDITATION
Hawaiian herbal traditions, guided
plant walk & herbal oil-making
4pm–7pm | Kaulu Hale

ARTIST IN RESIDENCE
Evening with local water colorist
Dec 26, 4pm–7pm, Kaulu Hale

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

FIRE RITUAL
Mesmerizing fireknife performance
6pm, The Sandbox

HOLIDAY HALE

STARLIGHT CINEMA
Gather around for classic holiday movie screenings
or a friendly competition with board games.
Enjoy snacks and seasonal sips as you settle in.
Nightly, 5:30pm - 8:30pm, Kolea

Sun, Dec. 20	The Polar Express
Mon, Dec. 21	Home Alone
Tue, Dec. 22	A Christmas Story
Wed, Dec. 23	The Santa Clause
Thu, Dec. 24	How the Grinch Stole Christmas
Fri, Dec. 25	A Charlie Brown Christmas
Sat, Dec. 26	Elf
Sun, Dec. 27	The Polar Express
Mon, Dec. 28	Home Alone
Tue, Dec. 29	A Christmas Story
Wed, Dec. 30	How the Grinch Stole Christmas
Thu, Dec. 31	Elf
Fri, Jan. 1	National Lampoon's Christmas Vacation
Sat, Jan. 2	Shrek the Halls

IN THE SPIRIT OF THE SEASON

DAILY EXPERIENCES

A MOMENT OF CALM
Chair massage
Mon Dec 21 & Tues Dec 29
8:30am-10:30am | Wellness Desk

RECOVERY LOUNGE
Daily | 6am-6pm | Anatomy

GAME ROOM
Daily | 8am-8pm | Kolea

SHOP SMALL, SHOP LOCAL

SUNDAY HOLIDAY MARKET
Sunday | 9am - 1pm

TRUNK SHOWS
Daily | 9am-1pm, Lobby

1 LESS THING
Have One Less Thing? Give it
new purpose by donating to
support our local community

SEEDLINGS

Immerse your keiki in a fostering environment as we guide your little ones through a journey of pure joy. 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.

Seedlings Basecamp | Advanced Reservations Required

ALOHA CAMP $
Monday-Saturday
Full-Day | 9am-3pm
Half-Day | 9am-12pm, 12pm-3pm
Ages 5-12

KEIKI EVENING CAMP $
Mon & Thur | 5pm-8pm
Ages 5-12

MERRY MOMENTS ALOHA HOUR $
Tue & Fri | 1pm-2pm
Children must be accompanied by a parent/guardian

TASTE

SIP & SAVOR THE SEASON

**Advanced reservations required*

DEC 23, BREAKFAST WITH SANTA
1 Kitchen
8am-9:30am

DEC 24, CHRISTMAS EVE DINNER
1 Kitchen
5pm-9pm | Bar, 5pm-10pm

Welina Terrace
Bites | 4pm-9pm | Bar, 4pm - 10pm

The Sandbox
5pm-8pm

DEC 25, CHRISTMAS DAY
1 Kitchen
Breakfast | 6:30am-10am
Lunch | 11am-12:30pm
Brunch buffet | 12:30pm-8pm

DEC 31, ALOHA 2027
1 Kitchen
Breakfast | 6:30am-11am
Lunch | 11:30am-2:30pm
NYE Buffet | 5pm - 10pm

Welina Terrace
Bar 5pm-1am
Tables available for purchase 6-9pm

JAN 1, NEW YEAR'S DAY
1 Kitchen
Breakfast | 6:30am-10:30am
Brunch | 12pm-3pm
Dinner | 5:30pm-9pm

RESTAURANTS & BARS

**holiday exceptions may apply*

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
Daily | 6:30am-11am

WELINA TERRACE*
Bar | 4pm–10pm
Bites | 4pm–9pm
Live Music | 6pm–9pm | Nightly

THE SANDBOX*
Bar | 10am–7pm
All Day Dining | 11am–5pm
Dinner | 5pm–8pm*
S'mores | 7:30pm - 8:30pm

Live Music | 5pm-8pm
12/24, 12/25, 12/31
** Dinner not available Jan 1*

NEIGHBORS CAFÉ
Daily | 5:30am-3pm

WAI'OLI COOL TREATS
Daily | 11am-6pm

TRUNK SHOWS

Embrace the spirit of giving and discover a curated selection of local Hawai'i-based vendors at our exclusive pop-ups and trunk shows, featuring unique gifts.

Lobby, Daily 9am-1pm

SUNDAY HOLIDAY MARKET

Shop mindfully through crafted gift guides, perfect for everyone on your list.

Lobby, Daily 9am-1pm

WELLNESS

BAMFORD WELLNESS SPA
Daily, 9am–6pm

VITALITY KAUA'I MED SPA
Monday–Saturday, 9am–5pm

ANATOMY GYM
Daily, 24 hours

SPA HOLIDAY SPECIALS

B SILENT NIGHT EXPERIENCE
80 minutes
The ultimate deep relaxation gift, consisting of a footbath, back massage, assisted stretches, Shiatsu techniques, and temple balm to enhance sleep and relieve stress.
Includes 25-minute Somadome experience.
**Available by Reservation. To book, visit Bamford Spa or call 808.977.1230*

HOLIDAY HARMONY HONEY FACIAL
80 minutes
Revitalize your skin with tulsi, honey, and kukui nut oil, smoothing fine lines, reducing inflammation, and leaving a radiant, deeply hydrated glow.
Includes a 25-minute Somadome experience.
**Available by Reservation. To book, visit Bamford Spa or call 808.977.1230*

VITALITY KAUA'I
JET LAG RESET
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.
**Available by Reservation, Mon - Sat, 9am-5pm*
To learn more and to book, visit Vitality Kaua'i or call 808.975.6975

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 four-hour 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
Kalalea Juice Hale
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.
Inquire with valet desk for daily hours

MĀLAMA • GIVE BACK

Give back to the community through passion and purpose

WAIPĀ FOUNDATION $
FOOD & FARM TOURS
Weekly
In-depth experience of the Hawaiian cultural relationship between people, food, and ʻāina (natural resources).
Learn more waipafoundation.org/food-and-farm-tours

HAWAI'I LAND TRUST
COASTAL RESTORATION PROJECT
First Sunday of the month or by appointment, Kahili Preserve.
Learn more hilt.org/volunteer

SURFRIDER KAUA'I
NET PATROL AND BEACH CLEANUPS
Days and locations vary. Learn more kauai.surfrider.org/events
For details call 808.635.2593

FIELD TRIP FOR SHELTER DOGS
By Reservation
Share the love with pups who need it most. Visit kauaihumane.org/service/field-trips to reserve your date.

WE CARE KAUA'I
Select from wildlife protection programs, coastal cleanups, trail and fishpond restorations, and taro patch remediation. 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.

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 Hanalei Beach Activities, Honoiki Beach
**Excursions and rentals are weather and surf permitting*

CRUISER & E BIKES
Daily, by Reservation
Valet Desk, Porte Cochère
**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-in play Mon, Wed, Fri 9am (beginners only), 3pm (all levels); Tue & Thurs, 3pm (all levels)
Courts available by reservation

TENNIS
Daily, 8am-4pm
Courts available by reservation

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SEASON OF GOOD

FESTIVE

1 HOTEL hanalei bay