

NURTURING THE EARTH, NOURISHING OURSELVES

Earth Month is a time to honor the deep connection between human wellbeing and the health of our planet. The air we breathe, the water we drink, the food that nourishes us, and the landscapes that restore our spirits all come from the Earth. When we care for these natural systems, we support not only the environment—but our own wellbeing.

At 1 Hotel Hanalei Bay, surrounded by the beauty of Kaua'i's mountains, ocean, and lush valleys, we invite you to reconnect with nature through simple, mindful practices.

Reconnect with the Earth's Natural Rhythm

The Earth emits a natural electromagnetic frequency which researchers associate with relaxation and nervous system balance. Spending time barefoot on grass, sand, or soil—sometimes called grounding—can help you reconnect with these natural rhythms. A quiet walk along Hanalei Bay's shoreline can be a powerful way to restore both body and mind.

Choose Local & Seasonal Foods

Enjoying locally grown and seasonal foods supports Kaua'i's farmers and reduces the environmental impact of long-distance transportation. It also allows you to experience the island's freshest flavors while nourishing your body.

Be Conscious of Your Footprint

Small choices can make a meaningful difference. Choose reef-safe sunscreen to help protect Hawai'i's fragile coral reefs, and carry reusable items such as a water bottle, coffee cup, or shopping bag to reduce waste. These simple actions help preserve our oceans, wildlife, and the natural beauty of Hanalei Bay for generations to come.

Be Mindful of Energy & Water Use

Simple habits—turning off lights, reusing towels, and taking mindful showers—help conserve the island's precious resources.

Support Community Stewardship

Participating in beach cleanups, conservation efforts, or local stewardship activities helps care for the places we share while strengthening our connection to the island and its community.

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
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 ʻāina (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

APRIL

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,
Full day, 9am-3pm
Half day: 9am-12pm, 12pm -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-10:30am
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
Live Music | 6pm-9pm

THE SANDBOX
Tuesday- Thursday
Bar | 10am-6pm
All Day Dining | 11am-5pm

Friday - Monday
Bar | 10am - 8pm
All Day Dining | 11am-5pm
Dinner | 5:30pm - 8pm

NEIGHBORS
6am-3pm

WAI'OLI
10am-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

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 9am-9:50am
*Beachside weather permitting

EASTER ARTISAN MARKET
Featuring local makers and artisans.
Lobby, 9am-2pm
*Available 4/5

1 BOX
Boxing fundamentals & bag training.
Anatomy, 10am-10:50am

EASTER EGG HUNT
Egg hunt for keiki and 'ohana.
Sandbox, 4/5 11am- 1pm
*Available 4/5

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 11:30am-12:20pm

WAFF FLOW
Balance, mobility & control.
Hala, 1pm-1:50pm

KEIKI BUBBLE HOUR
Bubbles & games for keiki.
Sandbox Lawn, 2pm-3pm

GLUTE CAMP
Lower-body strength and definition.
Anatomy, 2pm-2:50pm

ALOHA GLOW: NATURE'S LIP BALM
Make a botanical lip balm.
Kaulu Hale, 4pm-5pm
*Available 4.19 & 4.26

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

ARTIST IN RESIDENCE: ZOE ROSE
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 4/19

FIRE RITUAL
Mesmerizing fireknife performance.
Sandbox, 6:30pm

MONDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at 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

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 9am-9:50am
*Beachside weather permitting

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

SEMI-PRIVATE REFORMER
Personalized reformer session.
Fitness Hale, 9am-9:50am

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

MAT PILATES
Focused on control and flow.
Hala, 10:30am-11:20am

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

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 1pm-1:50pm

1 TRAINING CAMP
Unlock power, speed and agility.
Anatomy, 2pm- 2:50pm

PAINT & SIP-KEIKI EDITION
Little artists paint and sip POG juice.
Kaulu Hale, 3pm-3:50pm

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

KEIKI PAJAMA PARTY
A cozy indoor film experience for keiki.
Seedlings Basecamp, 5pm-8pm
*Ages 5-12, Evening Camp Experience

TUESDAY

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

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 9am-9:50am

SEMI-PRIVATE REFORMER
Personalized reformer session.
Fitness Hale, 9am-9:50am

HATHA YOGA
Mindful movement for balance.
Hala, 11am-11:50am

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 11:30am-12:20pm
*Beachside weather permitting

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

SEEDLINGS ALOHA HOUR
Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

'OHANA MOVES
Family fitness for 'ohana.
Hala, 2:30pm-3:20pm

'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.
Meet at 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

NATURE WALKING MEDITATION
Reset and reflect.
Meet at Anatomy, 9am-9:50am

SEMI-PRIVATE REFORMER
Personalized reformer session.
Fitness Hale, 9am-9:50am

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

SACRED PLANT CONNECTION
Garden walk and ritual oil workshop.
Kaulu Hale, 10am-12pm
*Available 4/1 & 4/15

BILL HAMILTON POINT OF VIEW
Surf stories with a legendary surfer.
Neighbors, 10am-11am
*Available 4/1 & 4/18 only

THE LIVING CANVAS
Live art celebrating Earth day.
Lobby, 12pm-3pm
*Available 4/22

1 BOX
Boxing fundamentals & bag training.
Anatomy, 11:30am-12:20pm

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 12pm -12:50pm
*Unavailable 4/22

'OHANA WELLNESS
Families co-create wellness habits.
Kaulu Hale, 1pm-1:50pm

KETTLE BELL FLOW
Heated control & flow.
Hala, 1pm-1:50pm
*Unavailable 4/22

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

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 2:30pm- 3:20pm
*Unavailable 4/22

THURSDAY

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

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 9am- 9:50am

SEMI-PRIVATE REFORMER
Personalized reformer session.
Fitness Hale, 9am-9:50am

'OHANA MOVES
Family fitness for 'ohana.
Hala, 10:30am-11:20am

KAUAI BEE TEAM: TALK STORY
Honeybees and nature's healing power.
Welina Terrace, 11am-12pm
*Available 4/23

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 11:30am-12:20pm
*Beachside weather permitting

RESTORATIVE PILATES
Strengthen, tone, and rejuvenate.
Hala, 12pm-12:50pm

LAVA MALA BEAD JOURNEY
Lava bead malas with essential oils.
Kaulu Hale, 1pm-2pm

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

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

KEIKI PAJAMA PARTY
A cozy indoor film experience for keiki.
Seedlings Basecamp, 5pm-8pm
*Ages 5-12, Evening Camp Experience

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

ARTIST IN RESIDENCE: ZOE ROSE
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 4/17

FIRE RITUAL
Mesmerizing fireknife performance.
Sandbox, 6:30pm



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FRIDAY

SUNRISE MOVEMENT
Mindful full- body mobility.
Meet at 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

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 9am- 9:50am

MAT PILATES
Focused on control and flow.
Hala, 9am-9:50am

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

1 BOX
Boxing fundamentals & bag training.
Anatomy, 11am-11:50am

'OHANA 1 STRETCH
Move and stretch together.
Hala, 11:30am-12:20pm

SEEDLINGS ALOHA HOUR
Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

1 TRAINING CAMP
Unlock power, speed, and agility.
Anatomy, 2pm-2:50pm

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

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

ARTIST IN RESIDENCE: ZOE ROSE
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 4/17

FIRE RITUAL
Mesmerizing fireknife performance.
Sandbox, 6:30pm

SATURDAY

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

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 9am-9:50am
*Beachside weather permitting.

YIN YOGA
Quiet the mind, relax the body,reset.
Hala, 9am- 9:50am

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

HOT YOGA
Heated flow and smooth transitions.
Hala, 10:30am-11:20am

WAFF FLOW
Stability, mobility, proprioception.
Hala, 1pm-1:50pm

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

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

ARTIST IN RESIDENCE: ZOE ROSE
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 4/18

FIRE RITUAL
Mesmerizing fireknife performance.
Sandbox, 6:30pm

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

ARTIST IN RESIDENCE: ZOE ROSE
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 4/17

FIRE RITUAL
Mesmerizing fireknife performance.
Sandbox, 6:30pm

INSPIRED BY NATURE'S WISDOM

In honor of Earth Month, our experiences are inspired by nature's healing properties, supporting balance, renewal, and deeper connection.

NATURE WALKING MEDITATION
Wednesdays 9am

Anatomy
Move your body with a balanced blend of cardio and strength on the beach. This energizing workout builds endurance, stability, and strength, finishing with a mindful stretch and cool down. Open to all levels.

CORAL REEF TALK
Mondays, Wednesdays, Fridays at 8:30am
Beach Activity Hale

Take a brief "dive" into the vibrant world of coral reefs, their incredible marine life, and the vital role they play in ocean health. Talk story with our team and learn simple ways we can all help protect these precious underwater ecosystems.

OCEAN FLOAT EXPERIENCE
By Reservation
Bamford Wellness Spa

Drift in a magnesium-rich solution that recreates the calm sensation of floating in the ocean. Free from sound and light, this restorative experience eases tension, supports deep relaxation, and restores balance to body and mind.

SOMADOME MEDITATION POD
By Reservation
Bamford Wellness Spa

A guided meditation, calming frequencies, gentle light, and crystals aligned along the spine to balance the chakras—helping the mind relax, releasing tension, and encouraging deeper, more restorative rest. Sound frequency mimicking Earth's hrz.

INTUITIVE HERBAL RITUAL
By Reservation
Bamford Wellness Spa

This nurturing spa ritual uses calming aromatics, grounding touch, and rhythmic techniques to promote relaxation—helping the mind let go, soften stress held in the body, and naturally transition into a state that supports deeper, more restful sleep.

SACRED PLANT CONNECTION
By Reservation
Kaulu Hale

A two-part immersive experience that begins with a guided walk through our medicinal garden, exploring the healing properties and cultural significance of native plants. The journey continues with an intentional, hands-on workshop where guests create their own personalized ritual oil blends, guided by breath, meditation, and an intuitive connection to nature.

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
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