

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
Daily, 9am-5pm
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.

mālama • give back
GIVE BACK TO THE COMMUNITY
THROUGH PASSION AND PURPOSE

WAIPA FOUNDATION
FOOD & FARM TOURS 📍
Tues, Weds & Thurs
In-depth experience of the Hawaiian
cultural relationship between people,
food, and ʻāina (natural resources).
Topics vary.
Learn more [waipafoundation.org/food-
and-farm-tours](http://waipafoundation.org/food-and-farm-tours)

HAWAIʻI LAND TRUST
VOLUNTEER DAYS
Days and locations vary
Learn more hilt.org/volunteer

SURFRIDER KAUAʻI
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 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 Activities Hale,
Puʻu Poa Beach
*Excursions and rentals are
weather and surf permitting

CRUISER BIKES
Daily, 9am-4pm, first-come
first-served basis
Valet Desk, Port 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, 8:30am-5pm,
Available by reservation

photography

CORAL PHOTOGRAPHY 📍
Daily, By Appointment
Stop by 4th floor or email
1hk@coralphotography.com to
book your session.

kauaʻi’s premier
activites 📍

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
Encounter dolphins, sea turtles, and
tropical fish on this unforgettable
day cruise.

SUNSET SAIL
Choose between a leisurely sunset
sail on Kauaʻi’s south shore or indulge in
a delectable dinner cruise featuring
breathtaking views of the majestic
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.

1

HOTEL

hanalei bay

guiding
your stay

august 2025

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY



august 2025 • reservations required

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 6-12 years old is a hub of imagination and discovery, creating an environment where kids can simply be kids.

ALOHA CAMP 
Monday & Friday
Seedlings Basecamp, 10am-1pm

ALOHA HOURS  
Wednesday & Thursday
Seedlings Basecamp, 11am-1pm



RESERVATIONS REQUIRED
FOR AGES 6-12

‘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

SUNRISE NOURISHMENT BAR
6:30am-11am

WELINA TERRACE
Bar | 4pm-10pm
Bites | 4pm-9pm
Music | Nightly, 7pm-10pm

THE SANDBOX
Tuesday-Thursday
Bar | 10am-6pm
Restaurant | 11:30am-5pm

Friday-Monday
Bar | 10am - 8pm
Restaurant | 11:30am-8pm
Music | 6pm-8pm

NEIGHBORS
6am-4pm

WAI’OLI
Daily | 11am-5pm

sunday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates and mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR 
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.
Porte Cochère, 8am-10am

1 BOX STRENGTH
Build power, endurance, and skill with lifting and fight-focused training.
Anatomy, 9am-9:50am
*Unavailable 8/17

1 RESET 
Sink into a cloud cushion while syncing to binaural beats.
Hala, 10:30am-11:20am
*Unavailable 8/17

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

1 STRETCH
Improve flexibility, mobility, and body awareness for lasting physical well-being.
Hala, 5pm-5:50pm

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!



monday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates and mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK  
Brief intro to caring for our reef and sea creatures.
Beach Activities Hale, 8:30am-9am

‘OHANA MARINE LIFE MAGIC 
An engaging and wondrous walk through our local tidepools.
Seedlings, 8:30am-9:30am

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

1 BEACH
Beachside movement session featuring the Albizia Gym.
Meet at Anatomy, 9am-9:50am

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

GOLF SWING CLINIC 
Private swing lessons.
Makai Golf Course, 10am-11am

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

‘OHANA LEI MAKING 
Learn a new craft and the cultural tradition behind it.
Kaula Hale, 2:30pm-3:30pm

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

TRAINING CAMP 
Unlock athleticism with power, speed, agility training.
Anatomy, 5pm-5:50pm



tuesday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates and mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR 
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.
Porte Cochère, 8am-10am

YOGA SCULPT
High-intensity power yoga and strength fusion.
Hala, 9am-9:50am

‘OHANA HULA, HAWAIIAN DANCE 
A playful hula class for kids to move, learn, and connect with Hawaiian culture.
Kaula Hale, 9am-10am

WAFF FLOW 
Stability, mobility, and proprioception training
Hala, 10:30am-11:20am
*Available 8/26

**LAU HALA
BRACELET WEAVING**  
Traditional weaving of Pandanus leaves into wearable art.
Kaula Hale, 10:30am-11:30am

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 1pm-1:50pm

PAWS & PLAY 
Celebrate International Dog Day with our four-legged friends in partnership with Kaua’i Humane Society.
Fort Alexander, 1pm- 4pm
*Available 8/26

HOT PILATES
Heated mat-based class focused on control and flow.
Hala, 3pm-3:50pm

THE PERFECT MAI TAI 
Master the mixology secrets behind this tropical cocktail.
1 Kitchen, 3pm-4pm, Age 21+

LAVA MALA BEAD JOURNEY 
Create custom lava bead malas with essential oils, combining mindfulness and Hawaiian volcanic energy.
Kaula Hale, 3pm-4pm

RESTORATIVE PILATES
Strengthen, tone, refresh, and rejuvenate body and mind.
Hala, 5pm-5:50pm

wednesday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates and mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK  
Brief intro to caring for our reef and sea creatures.
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

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 9am-9:50am

TRUNK SHOW 
Celebrate local creativity with ocean-conscious Hawai’i- based artisans and designers.
Goodthings, 9am-2pm

BILL HAMILTON POINT OF VIEW 
Talk story and epic surf tales with a surf legend.
Neighbors, 10am-11am
*Available 8/20

1 RESET 
Sink into a cloud cushion while syncing to binaural beats.
Hala, 10:30am-11:20am
*Available 8/27

‘OHANA LEI MAKING 
Learn a new craft and the cultural tradition behind it.
Kaula Hale, 11am-12pm

MAT PILATES
Mat-based Pilates class concentrated on control and flow.
Hala, 1pm-1:50pm

MYOFASCIAL RELEASE
Ease pain, relax muscles, and boost circulation.
Hala, 3pm-3:50pm

PAINT AND SIP- KEIKI EDITION 
Guided acrylic painting paired with hot-cocoa designed for keiki.
Kaula Hale, 3pm-4pm

TEQUILA + MEZCAL TASTING 
Sample collections curated by our resident tequila expert.
Welina Terrace, 3pm-4pm, Age 21+

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 5pm-5:50pm

thursday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates and mobility.
Meet at Anatomy, 6:55am-7:50am

COCONUT HYDRATION  
Hydrate with nature's original water bottle- a fresh young coconut!
Sandbox Lawn, 10am
*Available 8/21

SLICE OF ALOHA
A fun, hands-on experience for ‘ohana to craft wood-fired pizzas with locally sourced ingredients.
Sandbox, 10:30am-11:15am
*Available 8/21

GYM JUMPSTART  
Beginner-friendly gym circuit for a full-body strength workout.
Anatomy, 10:30am-11:20am

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 1pm-1:50pm

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 3pm-3:50pm

PAINT AND SIP  
Watercolor workshop paired with wine.
Kaula Hale, 4pm-6pm

RESTORATIVE PILATES
Strengthen, tone, refresh, and rejuvenate body and mind.
Hala, 5pm-5:50pm

friday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates and mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK  
Brief intro to caring for our reef and sea creatures.
Beach Activities Hale, 8:30am-9am

1 BEACH
Beachside movement session featuring the Albizia Gym.
Meet at Anatomy, 8:30am-9:20am

‘OHANA NATURE WALK 
Stroll amidst lush foliage and gentle ocean breezes.
Seedlings, 8:30am-9:30am

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

HOT YOGA
Heated flow, focused on effortless transitions between postures or asanas.
Hala, 9am-9:50am

MAT PILATES
Mat-based Pilates class concentrated on control and flow.
Hala, 1pm-1:50pm

‘OHANA LEI MAKING 
Learn a new craft and the cultural tradition behind it.
Kaula Hale, 2:30pm-3:30pm

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 3pm-3:50pm

SOUND LOUNGE
An immersive audio experience designed to reduce stress, support clarity, and reset the nervous system.
Hala, 5pm-5:50pm

saturday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates and mobility.
Meet at Anatomy, 6:55am-7:50am

PRENATAL YOGA 
A gentle class for expectant mothers to connect with body, baby, and community.
Hala, 9am- 9:50am

TRUNK SHOW 
Celebrate local creativity with ocean-conscious Hawai’i- based artisans and designers.
Goodthings, 9am-2pm

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 10:30am-11:20am
*Available 8/30

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 3pm-3:50pm

MYOFASCIAL RELEASE
Ease pain, relax muscles, and boost circulation.
Hala, 5pm-5:50pm

ALL AGES 
Designed with families in mind, all ages welcome. Children must be accompanied by a parent/guardian.

TEEN-FRIENDLY 
Age 13+

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 

wellness & private offerings

Vitality Kaua’i
Daily, by appointment
Comprehensive treatments focused on longevity and vitality, ranging from IV therapy to medical aesthetics—including Botox, Fillers, Injections, Microneedling, Chemical Peels, and Sculptra. Visit Vitality Kaua’i (8th floor, inside Anatomy) to book your session.

Fitness Training
Daily, by appointment
Personalized fitness consultations and guided trainings with a Body Architect. Advanced Metabolic & Body Analysis, Strength Training, Boxing, Myofascial Release, Pilates, and Pre/Post Natal Yoga. Visit our Happenings page to book your session.

Touchless Therapies
Daily, by appointment
Variety of sensory stimulation therapies designed to nurture balance, harmony, and tranquility. Sunlighten Infrared Sauna, Ocean Float Room, Somadome Meditation Pod and Hyperbaric Oxygen Therapy. Visit Bamford Wellness Spa (9th floor) to book your session.