

NATURE'S RHYTHM:

A Celebration of Summer Wellbeing

This August, immerse yourself in the rhythms of Hanalei Bay. Inspired by the restorative power of nature, our wellness experiences invite you to move with intention, nourish deeply, and reconnect with what matters most. Through ocean-inspired rituals, mindful movement, recovery therapies, and seasonal nourishment, discover a summer of vitality rooted in the beauty and balance of Hawai'i.

LONGEVITY & RENEWAL
By Reservation Bamford Wellness Spa, Anatomy Fitness & Vitality Kaua'i
Support long-term vitality through advanced diagnostics, restorative therapies, and personalized wellness insights designed to optimize cellular health, recovery, and healthy aging.
• VO₂ Max & InBody Assessment
• Private Strength & Mobility Session
• Hyperbaric Oxygen Therapy
• Infrared Sauna
• Hawaiian Herbal Body Treatment
• DEXA Scan and Consultation
• Glutathione IV Infusion

NEURO FITNESS
By Reservation Bamford Wellness Spa, Anatomy Fitness & Vitality Kaua'i
Enhance focus, mental clarity, and resilience through a thoughtfully designed experience combining movement, meditation, recovery therapies, and cognitive wellness support.
• Private Body Architect Session
• Contrast Therapy
• Somadome Meditation Pod
• Ocean Float Experience
• IV Infusion

IV INFUSION AND NAD+
By Reservation Vitality Kaua'i
Enhance your wellbeing with NAD+ and IV Hydration therapies designed to support energy, mental clarity, recovery, and overall vitality. With zero downtime, these restorative treatments help replenish and rebalance the body—so you can feel refreshed, revitalized, and fully immersed in the rhythm of Hanalei Bay from the moment you arrive.

To reserve excursions and activities, visit concierge or call 808.826.9644

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 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

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 GOLF CART 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

HAWAIIAN CULTURE

Guided by the rhythms, stories, and spirit of Kaua'i

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
Tues, Weds & Thurs

ISLAND SAILS - WA'A
Experience Hanalei Bay aboard Kupaaloo, a traditional Hawaiian sailing canoe hand-built by Captain Trevor Cabell, for an intimate journey through the beauty and spirit of Kaua'i's north shore.

MĀLAMA GIVEBACK

Give back to the community through passion and purpose

HAWAII 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.

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
**Reservations online*

KAUA'I'S BUCKET LIST

SURFING
Paddle out and learn the Hawaiian art of surfing. Seasoned instructors provide group or private lessons.

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.

FISHING
Cast your line from a local deep-sea fishing charter and experience the thrill as you reel in prized catches, including Marlin, Ono, Ahi, and more.


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.

HANAIEI TOWN SHUTTLE

DAILY SHUTTLE 
Service offered hourly to Hanalei Town Center, Pavilions Beach
Operated by The Hanalei Initiative
Daily 8am-6pm, Porte Cochere
**Reservations required*

HĀ'ENA SHUTTLE

DAILY SHUTTLE 
Service offered to Kalalau Trail Head, Hā'ena State Beach and Ke'e Beach
Operated by The Hanalei Initiative
Pick Up at Princeville Makai Golf Club
**Reservations required*

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!

RESORT FEE

A daily resort fee offers unique amenities including our lobby farmstand with fresh seasonal fruit, bicycle rentals, Audi Experience: e-tron drive program, pet beds for our four-legged guests, reef-safe sunscreen, preferred tee times and discounts at Princeville Makai Golf Club and daily happenings such as fitness and wellness experiences, outdoor pursuits, and Hawaiian cultural classes.

guiding your stay

AUGUST



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

Evening Camp Experience:

Monday & Thursday, 5pm-8pm

Reservations required
Available for ages 5-12

ALOHA HOUR

Tuesday & Friday, 1pm-2pm
Children must be accompanied by a parent/guardian.

WELLNESS

BAMFORD WELLNESS SPA

Daily, 9am-6pm

VITALITY KAUA'I MED SPA

Monday-Saturday, 9am-5pm

ANATOMY GYM

Daily, 24 hours

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

5:30am-3pm

WAI'OLI

10am-5pm

WELINA MAI ME KE ALOHA! OUR DAYLIFE OFFERINGS ARE DESIGNED TO IMMERSE YOU IN THE ELEMENTS THAT MAKE US WHO WE ARE, FOCUSED ON LIVING IN HARMONY WITH OUR NATURAL WORLD.

SUNDAY

SUNRISE MOVEMENT

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

KŪPONO E-BIKE TOUR

Kaua'i trails, wildlife and living stories.
Porte Cochère, 8am-10am

YOGA SCULPT

High-intensity yoga and strength.
Hala, 9am-9:50am
*Unavailable 8/23

ARTISAN MARKET

Featuring local makers and artisans.
Lobby, 9am-2pm

MOVEMENT AS MEDICINE

Movement for vitality, balance, and well-being.
Hala, 11am-11:50am
*Unavailable 8/23

1 BOX

Boxing fundamentals and bag training.
Anatomy, 11am-11:50am

KEIKI BUBBLE HOUR

Bubbles and games for keiki.
Sandbox Lawn, 2pm-3pm

1 RESET

Binaural weightless meditation.
Anatomy, 3pm-3:50pm
*Unavailable 8/23

GYM JUMPSTART

Beginner full body strength circuit.
Anatomy, 3pm-3:50pm
*Unavailable 8/2 & 8/14

1 STRETCH

Mobility and body awareness.
Hala, 4:30pm-5:20pm

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 7pm

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

HOT YOGA

Heated flow with smooth transitions.
Hala, 9am-9:50am

HULA, HAWAIIAN DANCE

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

'UKULELE MOMENTS

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

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 11am-11:50am
*Unavailable 8/17

INTUITIVE REFORMER

Restorative Reformer for mindful recovery.
Fitness Hale, 12pm-12:50pm
*Unavailable 8/17

1 TRAINING CAMP

Unlock power, speed and agility.
Anatomy, 3pm-3:50pm
*Unavailable 8/3 & 8/10

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 and living stories.
Porte Cochère, 8am-10am

VINYASA FLOW

Dynamic breath-to-movement flow.
Hala, 9am- 9:50am

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 11am-11:50am
*Unavailable 8/18

1 BEACH BODY

Cardio and strength training.
Meet at Anatomy, 11am-11:50am
*Beachside weather permitting.

STRESS MANAGEMENT MEDITATION

Guided meditation for calm and focus.
Hala, 12pm-12:50pm
*Unavailable 8/18

SEEDLINGS ALOHA HOUR

Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

THE TIMELESS MAI TAI

Tropical cocktail secrets.
Welina Terrace, 1:30pm-2:20pm, Age 21+

PUA LEI MAKING

Create your own traditional lei.
Kaulu Hale, 3pm-3:50pm

GLUTE CAMP

Lower-body strength and definition.
Anatomy, 3pm-3:50pm

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

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am-2pm

BILL HAMILTON POINT OF VIEW

Surf stories with a legendary surfer.
Neighbors, 10am-11am
*Available 8/5 & 8/19

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 11am-11:50am
*Unavailable 8/19

1 BOX

Boxing fundamentals and bag training.
Anatomy, 11am-11:50am

RESTORATIVE PILATES

Strengthen, tone and rejuvenate.
Hala, 12pm-12:50pm
*Unavailable 8/19

KEIKI BUBBLE HOUR

Bubbles and games for keiki.
Sandbox Lawn, 2pm-3pm

WAFF FLOW

Stability, mobility, proprioception.
Anatomy, 3pm-3:50pm

MYOFASCIAL RELEASE

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

THURSDAY

SUNRISE MOVEMENT

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

KŪPONO E-BIKE TOUR

Kaua'i trails, wildlife and living stories.
Porte Cochère, 8am-10am

YOGA SCULPT

High-intensity yoga and strength.
Hala, 9am-9:50am

REFORMER CIRCUIT

Personalized Pilates reformer session.
Fitness Hale, 11am- 11:50am
*Unavailable 8/13 & 8/20

'OHANA LEI MAKING

Discover the art of Ti-leaf lei making.
Kaulu Hale, 9am-10am

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am-2pm

LAU HALA BRACELET WEAVING

Traditional weaving of Pandanus leaves into wearable art.
Kaulu Hale, 10:30am-11:30am

MAT PILATES

Focused on control and flow.
Hala, 12pm-12:50pm

1 BOX

Boxing fundamentals and bag training.
Anatomy, 3pm-3:50pm

PAINT AND SIP

Watercolor and wine workshop.
Kaulu Hale, 4pm-6pm

1 RESET

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

KEIKI PAJAMA PARTY

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

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

GLUTE CAMP

Lower-body strength and definition.
Anatomy, 9am-9:50am

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am-2pm

STRESS MANAGEMENT MEDITATION

Guided meditation for calm and focus.
Hala, 11am- 11:50am
*Unavailable 8/14 & 8/21

1 BEACH BODY

Cardio and strength training.
Meet at Anatomy, 12pm-12:50pm
*Beachside weather permitting.

KETTLEBELL FLOW

Full-body HIIT workout.
Anatomy, 12pm-12:50pm

SEEDLINGS ALOHA HOUR

Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

WAFF FLOW

Stability, mobility, proprioception.
Hala, 3pm-3:50pm
*Available 8/28

GYM JUMPSTART

Beginner full body strength circuit.
Anatomy, 3pm-3:50pm

MYOFASCIAL RELEASE

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

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 7pm

SATURDAY

SUNRISE MOVEMENT

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

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am-2pm

SOUL SWEAT

Heated bootcamp workout.
Hala, 9am- 9:50am

1 BOX

Boxing fundamentals and bag training.
Anatomy, 11am-11:50am

PAWS & PLAY

Pups, play, and island community.
Fort Alexander, 11am-3pm
*Available 8/29

MOVEMENT AS MEDICINE

Heated flow and smooth transitions.
Hala, 12pm-12:50pm
*Unavailable 8/22

WAFF FLOW


Stability, mobility, proprioception.
Hala, 3pm-3:50pm

1 STRETCH


Mobility and body awareness.
Hala, 4:30pm-5:20pm

FIRE RITUAL

Mesmerizing fire knife performance.
The Sandbox, 7pm

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 



RESERVATIONS REQUIRED

Please scan QR code to reserve

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