

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

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 ʻāina (natural resources). Topics vary. Learn more at waipafoundation.org/foodand-farm-tours
Tues, Weds & Thurs

HAWAIʻI LAND TRUST COASTAL RESTORATION

First Sunday of the month or by appointment, Kahili Preserve. Learn more hilt.org/volunteer
Days and locations vary

SURFRIDER KAUAʻI 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 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, 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

KAUAʻI'S PREMIER ACTIVITIES

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 OR SUNSET SAIL

Choose between a leisurely sail on Kauaʻi'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 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.

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

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

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

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

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

EASTER EGG HUNT 
Egg hunt for keiki and 'ohana.
Sandbox, 11am- 1pm

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 4/12

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

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-10:20am

'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

EARTH RESET 
Planet connection experience.
Meet at Towel Hale, 11am-11:50am

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 Concierge, 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

NATURE IN MOTION: EARTH DAY 
Earth Day Live art experience.
Welina Terrace, 11am-1pm
*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

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

KETTLE BELL FLOW
Heated control & flow.
Hala, 1pm-1:50pm

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

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

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

FOOD AS MEDICINE: INFLAMMATION 
Wellness talk and taste.
Kaulu Hale, 11am-11:50am

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

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

1 STRETCH
Mobility and body awareness.
Hala, 3pm-3:50pm

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

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

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 4/10

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 4/11

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

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
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!