

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
Tuesday-Saturday, 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). Learn more waipafoundation.org/food-and-farm-tours

**HAWAIʻI LAND TRUST
COASTAL RESTORATION PROJECT**
First Sunday of the Month or by appointment, Kahili Preserve. 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

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 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-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

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY



december 1 - 19 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 - Saturday
Seedlings Basecamp, 9am-3pm



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
Live music nightly

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

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

SUNSET RITUAL 
Friday-Sunday
6pm-6:15pm

NEIGHBORS CAFE
6am-3pm

WAI’OLI COOL TREATS
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

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 9:30am-10:20am

‘OHANA MARINE LIFE MAGIC 
An engaging and wondrous walk through our local tidepools.
Seedlings, 10:30am-11:30am

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 12pm-12:50pm

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

GYM JUMPSTART
Beginner-friendly gym circuit for a full-body strength workout.
Anatomy, 2:30pm-3:20pm

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

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 

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

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

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

HULA, HAWAIIAN DANCE 
Embody the island’s cultural dance.
Kaulu Hale, 9am-10am
*Unavailable 12/8

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

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 10:30am-11:20am

‘UKULELE MOMENTS 
Strum, play and embrace Hawaiian melodies.
Kaulu Hale, 10:30am-11:30am
*Unavailable 12/8

RESTORATIVE PILATES
Strengthen, tone, refresh, and rejuvenate body and mind.
Hala, 2:30pm-3:20pm
*Unavailable 12/8

1 STRETCH
Improve flexibility, mobility, and body awareness for lasting physical well-being.
Hala, 4:30pm-5:20pm

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

SOUL SWEAT
Heated conscious bootcamp-style workout.
Hala, 9am-9:50am

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

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 10:30am-11:20am
*Unavailable 12/16

RHYTHMS OF RENEWAL: DETOX
Join our wellness expert to discover the body’s natural cleansing cycles to restore balance for sleep, metabolism and more.
Welina Terrace, 11am-11:50am

THE PERFECT MAI TAI 
Master the mixology secrets behind this tropical cocktail.
Welina Terrace, 1pm-2pm, Age 21+

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn.
Hala, 2:30pm-3:20pm

RESTORATIVE PILATES
Lower body workout for strength and definition.
Hala, 2:30pm-3:20pm
*Unavailable 12/9 & 12/16

MYOFASCIAL RELEASE
Strengthen, tone, refresh, and rejuvenate body and mind.
Hala, 4:30pm-5:20pm

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

YIN YOGA
Quiet the mind, relax the body for a physical, mental and spiritual reset.
Hala, 9am-9:50am

TRUNK SHOW 
Discover and shop ocean-conscious creations from 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 12/3 & 12/17

STRESS RESET
An immersive audio experience designed to reduce stress, support clarity, and reset the nervous system.
Hala, 10:30am-11:20am

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

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 12pm-12:50pm

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

TEQUILA + MEZCAL TASTING 
Sample collections curated by our resident tequila expert.
Welina Terrace, 1pm-2pm, Age 21+

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 2:30pm-3:20pm

PAINT AND SIP - KEIKI EDITION 
Guided acrylic painting paired with Pog juice designed for keiki.
Kaulu Hale, 3pm-4pm

1 STRETCH
Improve flexibility, mobility, and body awareness for lasting physical well-being.
Hala, 4:30pm-5:20pm

thursday

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

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

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 10:30am-11:20pm
*12/4 1:30pm-2:20pm

FOOD AS MEDICINE
Unlocking natural energy through the wisdom of nutrition. Learn to fuell your mitochondria and avoid blood sugar crashes.
Kaulu Hale, 11am-11:50am

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 12pm-12:50pm

LAVA MALA BEAD JOURNEY 
Create custom lava bead malas with essential oils, combining mindfulness and Hawaiian volcanic energy.
Kaulu Hale, 1pm-2pm

MAT PILATES
Mat-based Pilates class concentrated on control and flow.
Hala, 2:30pm-3:20pm

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

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

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

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

HOT PILATES
Heated mat-based class focused on control and flow.
Hala, 9am-9:50am

TRUNK SHOW 
Discover and shop ocean-conscious creations from Hawai’i-based artisans and designers.
Goodthings, 9am-2pm

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 10:30am-11:20am

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 12pm-12:50pm

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

STRESS RESET
An immersive audio experience designed to reduce stress, support clarity, and reset the nervous system.
Hala, 1pm-1:50pm

GYM JUMPSTART
Beginner-friendly gym circuit for a full-body strength workout.
Hala, 2:30pm- 3:20pm

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

ARTIST IN RESIDENCE: 
PATRICE PENDARVIS
Inspired by Kaua’i’s natural beauty, each piece embodies harmony and stillness.
Kaulu Hale, 5pm-7pm
*Available 12/19

saturday

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

HATHA YOGA
A gentle, mindful practice restoring balance, flexibility, and inner harmony.
Hala, 9am-9:50pm
*Unavailable 12/6 & 12/13

TRUNK SHOW 
Discover and shop ocean-conscious creations from Hawai’i-based artisans and designers.
Goodthings, 9am-2am

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 12pm-12:50pm

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

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn.
Hala, 2:30pm-3:20pm

1 STRETCH
Improve flexibility, mobility, and body awareness for lasting physical well-being.
Hala, 4:30pm-5:20pm

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!



wellness & private offerings

Vitality Kaua’i
Daily, by appointment
Treatments for longevity and vitality, from DEXA Body Composition Scan, IV therapy to medical aesthetics including Botox, fillers, injections, microneedling, chemical peels, and Sculptra. Visit Vitality Kaua’i on the 8th floor inside Anatomy to book.

Fitness Training
Daily, by appointment
Personalized fitness consultations and training with a Body Architect, including metabolic and body analysis, strength training, boxing, myofascial release, Pilates, and pre/postnatal yoga. Visit our Happenings page to book.

Touchless Therapies
Daily, by appointment
Sensory therapies to nurture balance, harmony, and tranquility, including the Sunlighten Infrared Sauna, Ocean Float Room, Somadome Meditation Pod, and Hyperbaric Oxygen Therapy. Visit Bamford Wellness Spa on the 9th floor to book.

