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 Farm 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 'āina (natural resources).
Learn more waipafoundation.org/foodand-farm-tours

HAWAI'I LAND TRUST COASTAL RESTORATION PROJECT

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

SURFRIDER KAUA'I 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 Q

By Reservation Share the love with pups who need it most. Visit kauaihumane.org/service/field-trips to reserve your date.

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

To reserve excursions and activities, visit concierge or call 808.826.9644

huaka'i adventures 2

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 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 \$\overline{Q}\$

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.

kaua'i's premier activites 2

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.

FISHIN

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 adventure as you soar past tropical treetops, waterfalls, lush valleys, and 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 the local botanical gardens.

COMMON GROUND FOOD FOREST & DINNER EVENT

Explore regenerative farming with a working food forest followed by a plant-based dinner experience.





January 2025

1HOTELS.COM/HANALEI-BAY
@1HOTEL.HANALEIBAY



january 2026 • 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 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, 9am-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-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 SANDBOXTuesday-Sunday

Bar | 10am-6pm Restaurant | 11:30am-5pm

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

FIRE RITUAL SFriday-Sunday 6pm

NEIGHBORS CAFE

6am-3pm

WAI'OLI COOL TREATSDaily | 11am-5pm

sunday

SUNRISE MOVEMENT

Oceanside blend of mindful movement for full-body 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

VINYASA FLOW

Dynamic yoga flow linking breath to movement.

Hala, 9am-9:50am

1 BOX

Boxing fundamentals and bag training for all levels. Anatomy, 9:30am-10:20am *1/11 12pm-12:50pm

YIN YOGA

Improve flexibility, mobility, and body awareness for lasting physical well-being. Hala, 11am-11:50pm

GLUTE CAMP

Lower body workout for strength and definition. Hala, 12pm-12:50pm

WAFF FLOW

Stability, mobility, and proprioception training Hala, 12:30pm-1:20pm *1/11 3:30pm-4:20pm

MYOFASCIAL RELEASE

Ease pain, relax muscles, and boost circulation. Hala, 2pm-2:50pm *1/11 4:30pm-5:20pm

SOUL SWEAT

Heated conscious bootcamp-style workout. Hala, 3:30pm-4:20pm *Unavailable 1/11

1 STRETCH

Improve flexibility, mobility, and body awareness for lasting physical well-being. Hala, 4:30pm-5:20pm *Unavailable 1/11

monday

SUNRISE MOVEMENT

Oceanside blend of mindful movement for full-body 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

SEMI-PRIVATE REFORMER ♣

Personalized Pilates Cadillac session focused on strength & alignment. Hala, 9:30am-10:20am *1/12 12pm-12:50pm

GOLF SWING CLINIC

Private swing lessons.

Makai Golf Course, 10am-11am

'UKULELE MOMENTS

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

HOT PILATES

Heated mat-based class focused on control and flow. Hala, 11am-11:50am *1/12 3pm-3:50pm

METABOLIC MELTDOWN

Plyometric training for maximum calorie burn. Hala, 12pm–12:50pm *Unavailable 1/12

MYOFASCIAL RELEASE

Ease pain, relax muscles, and boost circulation. Hala, 3pm-3:50pm *Unavailable 1/12

GYM JUMPSTART

Beginner-friendly gym circuit for a full-body strength workout.

Hala, 4:30pm-5:20pm

*Unavailable 1/12

RESERVATIONS REQUIRED PLEASE SCAN QR CODE TO RESERVE

These popular offerings fill up fast, so please secure your reservations early; alk-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!

tuesday

SUNRISE MOVEMEN

Oceanside blend of mindful movement for full-body 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

SEMI-PRIVATE REFORMER 🛂

Personalized Pilates Cadillac session focused on strength & alignment. Hala, 9:30am-10:20am *1/13 12pm-12:50pm

HATHA YOGA

A gentle, mindful practice restoring balance, flexibility, and inner harmony. *Hala, 11am-11:50am*

RHYTHMS OF RENEWAL: SLEEP

Join our wellness expert to discover your ideal circadian rhythm and learn biohacks to boost your sleep, mood and energy.

Welina Terrace, 11am-11:50am

GOLF STRENGTH

Improve power, stability, and overall performance on the course while supporting muscle and joint recovery. Anatomy, 12pm-1pm

MAT PILATES

Mat-based Pilates class concentrated on control and flow. Hala, 12:30pm–1:20pm *1/13 3pm-3:50pm

THE PERFECT MAI TAI

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

RESTORATIVE PILATES

Lower body workout for strength and definition. Hala, 1:30pm-2:20pm *1/13 4:30pm-5:20pm

STRETCH

Improve flexibility, mobility, and body awareness for lasting physical well-being. Hala, 3pm-3:50pm *Unavailable 1/13

GLUTE CAMP

Lower body workout for strength and definition. Hala, 4:30pm-5:20pm *Unavailable 1/13

wednesday

SUNRISE MOVEMENT

Oceanside blend of mindful movement for full-body 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

TRUNK SHOW 💱 🗜

Shop ocean-conscious pieces from local Hawai'i artisans.
Goodthings, 9am-2pm

HOT YOGA

transitions between postures or asanas. Hala, 9am-9:50am

Heated flow, focused on effortless

SEMI-PRIVATE REFORMER

Personalized Pilates session focused on strength & alignment. Hala, 9:30am-10:20pm

BILL HAMILTON POINT OF VIEW 🌦

Talk story and epic surf tales with a surf legend. Neighbors, 10am–11am *Available 1/7 & 1/21

YOGA SCULPT

High-intensity power yoga and strength fusion. *Hala, 11am-11:50am*

GLUTE CAMP

Lower body workout for strength and definition.
Anatomy, 11am-11:50am

1 RESET 🤮

Sink into a cloud cushion for weightless meditation while syncing to binaural beats. Hala, 12:30pm-1:20pm

TEQUILA + MEZCAL TASTING Sample collections curated by

our resident tequila expert.

Welina Terrace, 1pm-2pm, Age 21+

MAT PILATES

Mat-based Pilates class concentrated on control and flow. Hala, 2pm-2:50pm

1 BOXBoxing fundamentals and

bag training for all levels. Anatomy, 3pm-3:50pm

KETTLEBELL FLOW

A full-body HIIT workout built on functional, compound movements. Anatomy, 4:30pm-5:20pm

thursday

SUNRISE MOVEMENT

Oceanside blend of mindful movement for full-body 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 session focused on strength & alignment. Hala, 9:30am-10:20am

YIN YOGA

Quiet the mind, relax the body for a physical, mental and spiritual reset. Hala, 11am- 11:50am

FOOD AS MEDICINE: DETOX

Join our wellness expert to explore natural cleansing cycles and discover ingredients and products that support improved energy, reduced inflammation and overall vitality. Kaulu Hale, 11am-11:50am

вох

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

MYOFASCIAL RELEASE Ease pain, relax muscles,

and boost circulation.

Hala, 12:30pm-1:20pm

LAVA MALA BEAD JOURNEY 🛂

Create custom lava bead malas with essential oils, combining mindfulness and Hawaiian volcanic energy.

Kaulu Hale, 1pm-2pm

RESTORATIVE PILATES

Lower body workout for strength and definition. Hala, 2pm-2:50pm

GLUTE CAMP

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

PAINT AND SIP Watercolor workshop

paired with wine.
Kaulu Hale, 4pm–6pm

1 STRETCH

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

friday

SUNRISE MOVEMENT

Oceanside blend of mindful movement for full-body 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 🌻 🤽

TRUNK SHOW 🏶 🧘

Follow the footsteps of a local expert.

Porte Cochère, 8:45am-12pm

*Responsible for own transportation

Shop ocean-conscious pieces from local Hawai'i artisans. Goodthings, 9am-2pm

and proprioception training

WAFF FLOW Stability, mobility,

Hala, 9am-9:50am

SEMI-PRIVATE REFORMER Personalized Pilates session

focused on strength & alignment

*1/9 1:30pm-2:20pm

Hala, 9:30am-10:20am

KETTLEBELL FLOWA full-body HIIT workout built on functional, compound movements Anatomy, 11am-11:50am

STRESS RESET

An immersive audio experience designed to reduce stress, support clarity, and reset the nervous system.

Hala, 11am-11:50am

*1/9 3pm-3:50pm

Improve flexibility, mobility, and body awareness for lasting physical well-being. Hala, 12:30pm-1:20pm *Unavailable 1/9

GLUTE CAMP

1 STRETCH

Lower body workout for strength and definition. Hala, 2pm-2:50pm *1/9 4:30pm-5:20pm

'OHANA LEI MAKING D Learn a new craft and the cultural tradition behind it.

Kaulu Hale, 2:30pm-3:30pm

SOUL SWEAT
Heated conscious
bootcamp-style workout.
Hala, 3pm-3:50pm

MYOFASCIAL RELEASE

*Unavailable 1/9

Ease pain, relax muscles, and boost circulation. Hala, 4:30pm-5:20pm *Unavailable 1/9

saturday

JNRISE MOVEME

Oceanside blend of mindful movement for full-body mobility.

Meet at Anatomy, 6:55am-7:50am

GOLF STRENGTH

Improve power, stability, and overall performance on the course while supporting muscle and joint recovery. Anatomy, 9am-10am

TRUNK SHOW 🎥 🤽

Shop ocean-conscious pieces from local Hawai'i artisans. Goodthings, 9am-2am

HOT YOGA

Heated flow, focused on effortless transitions between postures or asanas. Hala, 9:30am-10:20am *Unavailable 1/10

GYM JUMPSTARTBeginner-friendly gym circuit for

1 RESET Sink into a cloud cushion for weightless meditation while syncing to binaural beats.

Hala, 11am- 11:50am

a full-body strength workout.

YOGA SCULPT
High-intensity power yoga and strength fusion.
Hala, 12:30pm-1:20pm

Hala, 11am-12:50pm

VINI VOCA

YIN YOGA Improve flexibility, mobility, and body awareness for lasting physical well-being. Hala, 2pm-2:50pm

Boxing fundamentals and bag training for all levels.

GLUTE CAMPLower body workout for strength and definition. *Hala*, 4:30pm-5:30pm

Anatomy, 2pm-2:50pm

ALL AGES Ø

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

TEEN-FRIENDLY

ADDITIONAL FEE AND

NO-SHOW FEE APPLIES A no-show fee per person applies if not canceled at least

24 hours prior to event.

NO RESERVATIONS REQUIRED 🎥

