

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 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 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.

kauaʻiʻs premier
activites 🏆

HELICOPTER TOURS
Experienced pilots unveil Kauaʻiʻs 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
Kauaʻiʻs 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 Kauaʻiʻs 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 Kauaʻiʻs 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 Kauaʻiʻs 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 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.



guiding
your stay

January

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY

1
HOTEL
hanalei bay

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,
Full day, 9am-3pm
Half day, 9am-12pm



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

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

FIRE RITUAL 
Friday-Sunday
6pm

NEIGHBORS CAFE
6am-3pm

WAI’OLI COOL TREATS
Daily | 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
Quiet the mind, relax the body for a physical, mental and spiritual reset.
Hala, 11am-11:50pm

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 12pm-12:50pm
*Unavailable 1/11

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



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.

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
*Unavailable 1/19 & 1/26

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 9:30am-10:20am
*1/12 2pm-2:50pm

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

HOT YOGA
Heated flow, focused on effortless transitions between postures or asanas.
Hala, 11am-11:50am

‘UKULELE MOMENTS 
Strum, play and embrace Hawaiian melodies.
Kaulu Hale, 10:30am-11:30am
*Unavailable 1/19 & 1/26

HOT PILATES
Heated mat-based class focused on control and flow.
Hala, 12:30pm-1:20pm
*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

tuesday

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

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
*Unavailable 1/13

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

1 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
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-10:20pm

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 BOX
Boxing 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

1 BOX
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  
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

WAFF FLOW 
Stability, mobility, and proprioception training.
Hala, 9am-9:50am

SEMI-PRIVATE REFORMER 
Personalized Pilates session focused on strength & alignment.
Hala, 9:30am-10:20am
*1/9 1:30pm-2:20pm

KETTLEBELL FLOW
A 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

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

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

‘OHANA LEI MAKING 
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
*Unavailable 1/9

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

saturday

SUNRISE MOVEMENT
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
*Unavailable 1/10

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

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

GYM JUMPSTART
Beginner-friendly gym circuit for a full-body strength workout.
Hala, 11am- 11:50am

1 RESET 
Sink into a cloud cushion for weightless meditation while syncing to binaural beats.
Hala, 11am-11:50am

YOGA SCULPT
High-intensity power yoga and strength fusion.
Hala, 12:30pm-1:20pm
*1/10 9am-9:50am

YIN YOGA
Improve flexibility, mobility, and body awareness for lasting physical well-being.
Hala, 2pm-2:50pm
*Unavailable 1/10

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 2:30pm-3:20pm

GLUTE CAMP
Lower body workout for strength and definition.
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 prior to event.

NO RESERVATIONS REQUIRED 