

## 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/food-and-farm-tours](http://waipafoundation.org/food-and-farm-tours)

### HAWAII LAND TRUST COASTAL RESTORATION PROJECT

First Sunday of the month or by appointment, Kahili Preserve. Learn more [hilt.org/volunteer](http://hilt.org/volunteer)

### SURFRIDER KAUAI NET PATROL AND BEACH CLEANUPS

Days and locations vary  
Learn more [kauai.surfrider.org/events](http://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](http://kauaihumane.org/service/field-trips) to reserve your date.

### WE CARE KAUAI

Select from wildlife protection programs, coastal cleanups, trail and fishpond restorations, and taro patch remediation. Learn more via [WeCareKauai.org](http://WeCareKauai.org)

### PLEDGE FOR OUR KEIKI

Sign the pledge, a commitment to respect, care, and protect Hawai'i. Browse our initiatives on [KanuHawaii.org](http://KanuHawaii.org)

To reserve excursions and activities, visit concierge or call 808.826.9644

## 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 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](mailto:1hk@coralphotography.com) to book your session.

## kaua'i's premier activities

### 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.

### 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](http://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**  
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, 3pm-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

**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; 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!



## 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  
\*1/13 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

**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

**GYM JUMPSTART**  
Beginner-friendly gym circuit for a full-body strength workout. Hala, 4:30pm-5:20pm  
\*Unavailable 1/12

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

## 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.

**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

**GYM JUMPSTART**  
Beginner-friendly gym circuit for a full-body strength workout. Hala, 4:30pm-5:20pm  
\*Unavailable 1/12

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

**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

## 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

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

**HOT YOGA**  
Heated flow, focused on effortless transitions between postures or asanas.

**SEMI-PRIVATE REFORMER**   
Personalized Pilates session focused on strength & alignment. Hala, 9am-9:50am

**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. Anatomy, 12pm-12:50pm

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation. Hala, 11am-11:50am  
\*1/9 3pm-3:50pm

**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. Kaulu Hale, 1pm-2pm  
\*Unavailable 1/9

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

**MAT PILATES**  
Mat-based Pilates class concentrated on control and flow. Hala, 3pm-3:50pm

**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.

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

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

**HINAKA**  
Quiet the mind, relax the body for a physical, mental and spiritual reset.

**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.

**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. Anatomy, 12pm-12:50pm

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation. Hala, 11am-11:50am  
\*1/9 3pm-3:50pm

**1 STRETCH**  
Improve flexibility, mobility, and body awareness for lasting physical well-being.

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

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

**PAINT AND SIP**   
Watercolor workshop paired with wine.

**1 STRETCH**  
Improve flexibility, mobility, and body awareness for lasting physical well-being.

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.

## friday

**SUNRISE MOVEMENT**  
Oceanside blend of mindful movement for full-body mobility. Meet at Anatomy, 6:55am-7:50am