

CALM MIND. CLEAR HORIZON.

At the edge of Hanalei Bay, wellness begins with the water.

Inspired by the science and serenity of the “Blue Mind” state — the restorative calm experienced in the presence of water — Blue Mind at 1 Hotel Hanalei Bay invites you into a slower rhythm of wellbeing. Here, ocean, rain, river, and sky become pathways to mental clarity, cognitive restoration, and nervous system renewal.

STEP OUTSIDE AND RECONNECT

Let the natural world draw you back to center, where the rhythm of waves and wind softens the noise within. In nature, time expands—inviting you to move more slowly, and simply be.

BREATHE WITH INTENTION

With each unhurried breath, allow tension to dissolve and the mind to quiet. Inhale deeply, exhale fully—returning to a steadier, more grounded state.

UNPLUG TO RECHARGE

Step away from the constant pull of the digital world and rediscover the beauty of presence. In the absence of distraction, clarity and calm begin to surface.

MOVE GENTLY

Ease into movement that feels natural and unforced, allowing the body to release what it no longer needs. In this softness, strength returns in a more balanced, intentional way.

CREATE MOMENTS OF STILLNESS

Embrace quiet moments where nothing is required of you. Within stillness, the mind settles—and a deeper sense of restoration unfolds.

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 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

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 GOLF CART 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

HAWAIIAN CULTURE

Guided by the rhythms, stories, and spirit of Kauaʻi

WAIPIĀ- 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

ISLAND SAILS - WAʻA

Experience Hanalei Bay aboard Kupaaloo, a traditional Hawaiian sailing canoe hand-built by Captain Trevor Cabell, for an intimate journey through the beauty and spirit of Kauaʻi's north shore.

MĀLAMA GIVEBACK

Give back to the community through passion and purpose

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.

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 *Reservations online

KAUAʻI'S BUCKET LIST

SURFING

Paddle out and learn the Hawaiian art of surfing. Seasoned instructors provide group or private lessons.

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.

FISHING

Cast your line from a local deep-sea fishing charter and experience the thrill as you reel in prized catches, including Marlin, Ono, Ahi, and more.

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.

HANALEI TOWN SHUTTLE

DAILY SHUTTLE \$

Service offered hourly to Hanalei Town Center, Pavilions Beach
Operated by The Hanalei Initiative
Daily 8am-6pm, Porte Cochere
*Reservations required

HĀʻENA SHUTTLE

DAILY SHUTTLE \$

Service offered to Kalalau Trail Head, Hāʻena State Beach and Keʻe Beach
Operated by The Hanalei Initiative
Pick Up at Princeville Makai Golf Club
*Reservations required

RESERVATIONS REQUIRED

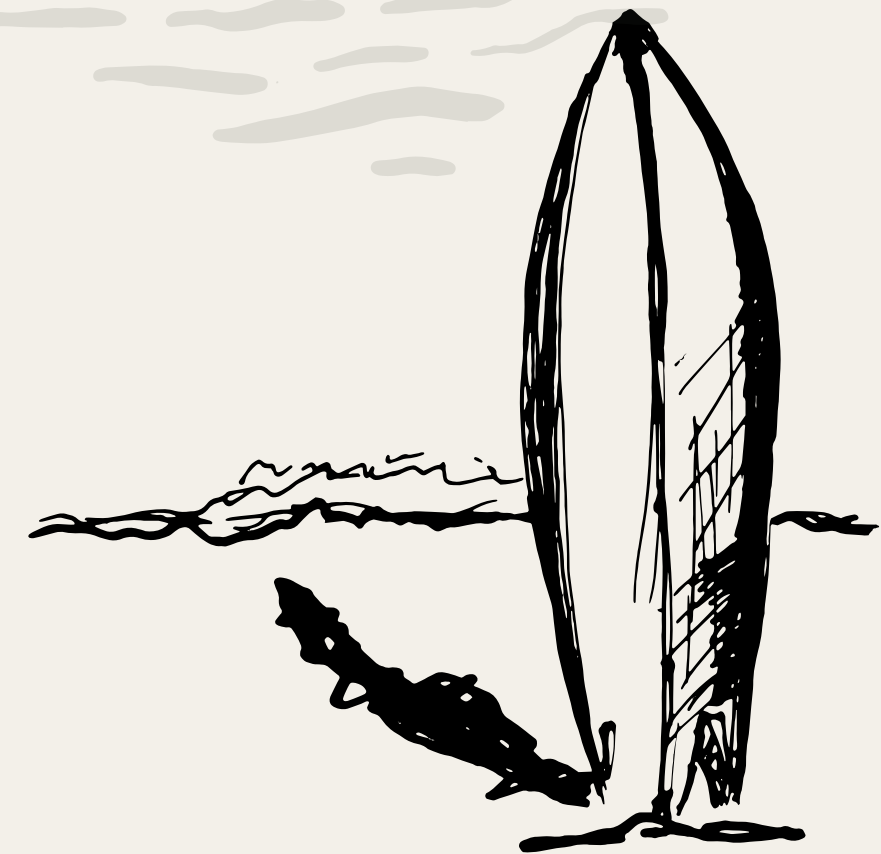
Please scan QR code to reserve



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!

RESORT FEE

A daily resort fee offers unique amenities including our lobby farmstand with fresh seasonal fruit, bicycle rentals, Audi Experience: e-tron drive program, pet beds for our four-legged guests, reef-safe sunscreen, preferred tee times and discounts at Princeville Makai Golf Club and daily happenings such as fitness and wellness experiences, outdoor pursuits, and Hawaiian cultural classes.



1

HOTEL
hanalei bay

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

Evening Camp Experience:
Monday & Thursday, 5pm-8pm

Reservations required
Available for ages 5-12

ALOHA HOUR

Tuesday & Friday, 1pm-2pm
Children must be accompanied by a parent/guardian.

WELLNESS

BAMFORD WELLNESS SPA

Daily, 9am-6pm

VITALITY KAUA'I MED SPA

Monday - Saturday, 9am-5pm

ANATOMY GYM

Daily, 24 hours

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

5:30am-3pm

WAI'OLI

10am-5pm

SUNDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR

Kaua'i trails, wildlife and living stories.
Porte Cochère, 8am-10am

SOUL SWEAT

Heated bootcamp workout.
Hala, 9am-9:50am

ARTISAN MARKET

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

HATHA YOGA

Mindful movement for balance.
Hala, 11am-11:50am

KETTLEBELL FLOW

Full-body HIIT workout.
Anatomy, 11am-11:50am
*Unavailable 7/19

MYOFASCIAL RELEASE

Relax muscles and boost circulation.
Hala, 1pm-1:50pm
*Unavailable 7/19

KEIKI BUBBLE HOUR

Bubbles and games for keiki.
Sandbox Lawn, 2pm-3pm

WAFF FLOW

Balance, mobility, control.
Hala, 3pm-3:50pm
*Unavailable 7/19

GLUTE CAMP

Lower-body strength and definition.
Anatomy, 3pm-3:50pm

1 STRETCH

Mobility and body awareness.
Hala, 4:30pm-5:20pm

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 7pm

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

GUIDED HIKE BEGINNER

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

HULA, HAWAIIAN DANCE

Embody the island's cultural dance.
Kaulu Hale, 9am-10am

1 BEACH BODY

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

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 9am-9:50am

'UKULELE MOMENTS

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

VINYASA FLOW

Dynamic breath-to-movement flow.
Hala, 11am-11:50am

1 TRAINING CAMP

Unlock power, speed and agility.
Anatomy, 12pm-12:50pm

STRESS MANAGEMENT MEDITATION

Guided meditation for calm and focus.
Hala, 1pm- 1:50pm

GYM JUMPSTART

Beginner full body strength circuit.
Anatomy, 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 and living stories.
Porte Cochère, 8am-10am

VINYASA FLOW

Dynamic breath-to-movement flow.
Hala, 9am- 9:50am

GLUTE CAMP

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

1 TRAINING CAMP

Unlock power, speed and agility.
Anatomy, 1pm-1:50pm

SCULPT PILATES

Pilates with props and balance work.
Hala, 1pm- 1:50pm

SEEDLINGS ALOHA HOUR

Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

THE TIMELESS MAI TAI

Tropical cocktail secrets.
Welina Terrace, 1:30pm-2:20pm, Age 21+

STRESS MANAGEMENT MEDITATION

Guided meditation for calm and focus.
Hala, 3pm- 3:50pm

METABOLIC MELTDOWN

Plyometric training for max burn.
Anatomy, 3pm-3:50pm

PUA LEI MAKING

Create your own traditional lei.
Kaulu Hale, 3pm-3:50pm

MYOFASCIAL RELEASE

Relax muscles and boost circulation.
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

HOT YOGA

Heated flow and smooth transitions.
Hala, 9am-9:50am

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am-2pm

GUIDED HIKE BEGINNER

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

BILL HAMILTON POINT OF VIEW

Surf stories with a legendary surfer.
Neighbors, 10am-11am
*Available 7/1 & 7/15

YIN YOGA

Quiet the mind, relax the body, and
reset.
Hala, 11am- 11:50am

REFORMER CIRCUIT

Personalized Pilates reformer session.
Fitness Hale, 12:30pm-1:20pm

1 BOX

Boxing fundamentals and bag training.
Anatomy, 1pm-1:50pm

'OHANA MOVES

Family fitness for 'ohana.
Hala, 1:30pm-2:20pm

KEIKI BUBBLE HOUR

Bubbles and games for keiki.
Sandbox Lawn, 2pm-3pm

1 RESET

Binaural weightless meditation.
Anatomy, 3pm-3:50pm

GLUTE CAMP

Lower-body strength and definition.
Anatomy, 4:30pm-5:20pm

THURSDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR

Kaua'i trails, wildlife and living stories.
Porte Cochère, 8am-10am

HOT YOGA

Heated flow and smooth transitions.
Hala, 9am-9:50am

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 9am-9:50am

'OHANA LEI MAKING

Discover the art of Ti-leaf lei making.
Kaulu Hale, 9am-10am

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am-2pm

PUKA SHELL MAKING

Create your own ocean-inspired puka
shell necklace.
Kaulu Hale, 10:30am-11:30am
*Unavailable 7/2

LAU NIU HAT WEAVING

Create your own coconut woven hat.
Kaulu Hale, 10:30am-12:30pm
*Unavailable 7/2

RESTORATIVE YOGA

Therapeutic yoga for deep relaxation.
Hala, 11am-11:50am

METABOLIC MELTDOWN

Plyometric training for max burn..
Anatomy, 11am-11:50am

KETTLEBELL FLOW

Full-body HIIT workout.
Anatomy, 12pm-12:50pm

MAT PILATES

Focused on control and flow.
Hala, 2pm-2:50pm

PAINT AND SIP

Watercolor and wine workshop.
Kaulu Hale, 4pm-6pm

1 STRETCH

Mobility and body awareness.
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

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.
Lobby, 9am-2pm

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 9am-9:50am

INTUITIVE REFORMER

Restorative Reformer for mindful
recovery.
Fitness Hale, 11am-11:50am

1 BOX

Boxing fundamentals and bag
training.
Anatomy, 12pm-12:50pm
*Unavailable 7/17

MYOFASCIAL RELEASE

Relax muscles and boost circulation.
Hala, 1pm-1:50pm
*Unavailable 7/17 & 7/31

1 TRAINING CAMP

Unlock power, speed and agility.
Anatomy, 12pm-12:50pm

SEEDLINGS ALOHA HOUR

Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

WAFF FLOW

Stability, mobility, proprioception.
Hala, 3pm-3:50pm
*Unavailable 7/17

GYM JUMPSTART

Beginner full body strength circuit.
Anatomy, 3pm-3:50pm
*Unavailable 7/31

1 STRETCH

Mobility and body awareness.
Hala, 4:30pm-5:20pm
*Unavailable 7/31

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 7pm

SATURDAY

SUNRISE MOVEMENT

Mindful full-body mobility.
Meet at Anatomy, 6:55am-7:50am

TRUNK SHOW

Ocean-conscious local artisans.
Lobby, 9am-2pm

1 BEACH BODY

Cardio and strength training.
Meet at Anatomy, 9am-9:50am