

# NATURE'S RHYTHM:

A Celebration of Summer Wellbeing

This July, immerse yourself in the rhythms of Hanalei Bay. Inspired by the restorative power of nature, our wellness experiences invite you to move with intention, nourish deeply, and reconnect with what matters most. Through ocean-inspired rituals, mindful movement, recovery therapies, and seasonal nourishment, discover a summer of vitality rooted in the beauty and balance of Hawai'i.

**LONGEVITY & RENEWAL**  
By Reservation  
Bamford Wellness Spa, Anatomy Fitness & Vitality Kaua'i  
Support long-term vitality through advanced diagnostics, restorative therapies, and personalized wellness insights designed to optimize cellular health, recovery, and healthy aging.  
• VO2 Max & InBody Assessment  
• Private Strength & Mobility Session  
• Hyperbaric Oxygen Therapy  
• Infrared Sauna  
• Hawaiian Herbal Body Treatment  
• DEXA Scan and Consultation  
• Glutathione IV Infusion

**NEURO FITNESS**  
By Reservation  
Bamford Wellness Spa, Anatomy Fitness & Vitality Kaua'i  
Enhance focus, mental clarity, and resilience through a thoughtfully designed experience combining movement, meditation, recovery therapies, and cognitive wellness support.  
• Private Body Architect Session  
• Contrast Therapy  
• Somadome Meditation Pod  
• Ocean Float Experience  
• IV Infusion

**IV INFUSION AND NAD+**  
By Reservation  
Vitality Kaua'i  
Enhance your wellbeing with NAD+ and IV Hydration therapies designed to support energy, mental clarity, recovery, and overall vitality. With zero downtime, these restorative treatments help replenish and rebalance the body—so you can feel refreshed, revitalized, and fully immersed in the rhythm of Hanalei Bay from the moment you arrive.



To reserve excursions and activities, visit concierge or call 808.826.9644

## 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 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 Kaua'i

**WAIPĀ- 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 - WA' A**  
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 Kaua'i's north shore.

## MĀLAMA GIVEBACK

Give back to the community through passion and purpose

**HAWAI'I LAND TRUST COASTAL RESTORATION**  
First Sunday of the month or by appointment, Kahili Preserve. Learn more hilt.org/volunteer  
Days and locations vary

**SURFRIDER KAUA'I 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 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

**MARINE DEBRIS CLEAN-UP**  
Leave things better than you found them as you explore Kaua'i's beautiful beaches. Ocean bags for marine debris pick-up available at Porte Cochère.

## 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, MOUNTAIN & E-BIKES**  
Valet Desk, Porte Cochere  
Daily, 9am-4pm, first-come, first-served basis  
\*Reservations online

## KAUA'I'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 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.

**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 Kaua'i'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.

## HANAIEI 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

## HĀ'ENA SHUTTLE

**DAILY SHUTTLE \$**  
Service offered to Kalalau Trail Head, Hā'ena State Beach and Ke'e Beach  
Operated by The Hanalei Initiative  
Pick Up at Princeville Makai Golf Club  
\*Reservations required

## RESERVATIONS REQUIRED

Please scan QR code to reserve



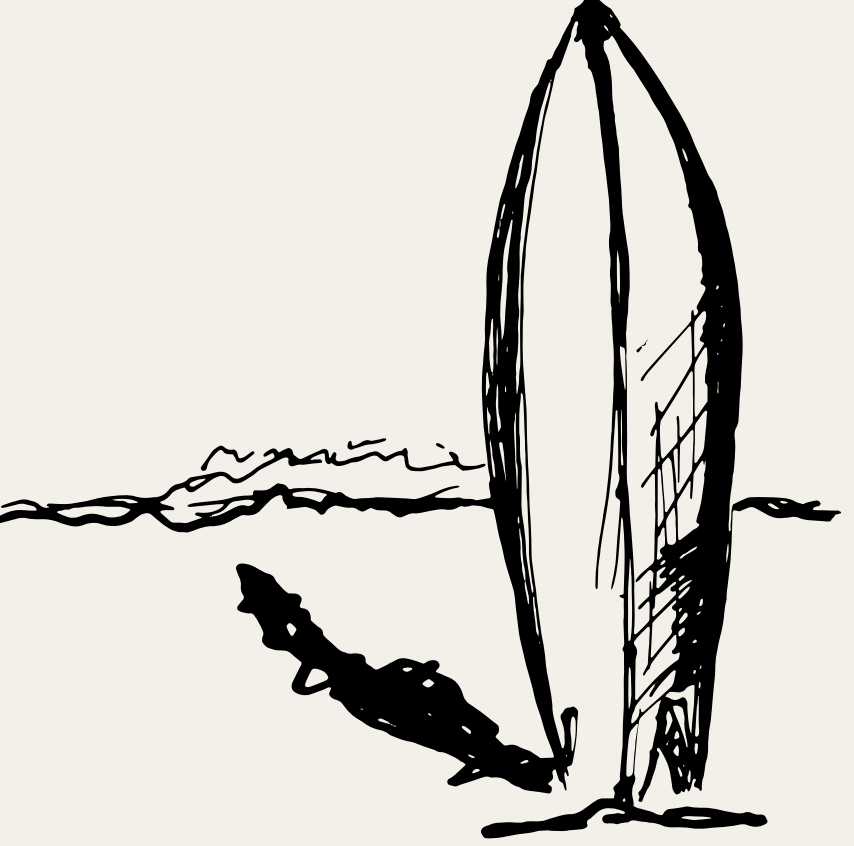
These popular offerings fill up fast, so please secure your reservations early; walk-ins can only be accommodated when space permits. While all offerings are subject to change or are condition-contingent, we can recommend many alternatives—rain, shine or rainbows!

## 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.

# guiding your stay

## JULY



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

WELINA MAI ME KE ALOHA! OUR DAYLIFE OFFERINGS ARE DESIGNED TO IMMERSE YOU IN THE ELEMENTS THAT MAKE US WHO WE ARE, FOCUSED ON LIVING IN HARMONY WITH OUR NATURAL WORLD.

## 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

**SOCCER CAMP** 🌿🟡💰  
Fundamentals and precision skills.  
Meet at Anatomy, 12pm-12:50pm  
\*Unavailable 7/26

**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

**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  
\*Available 7/9

**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  
\*Available 7/9 & 7/23

**LAU NIU HAT WEAVING** 🟡💰  
Create your own coconut woven hat.  
Kaulu Hale, 10:30am-12:30pm  
\*Available 7/16 & 7/30

**RESTORATIVE YOGA**  
Therapeutic yoga for deep relaxation.  
Hala, 11am-11:50am  
\*Available 7/9

**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



### RESERVATIONS REQUIRED

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## 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, 11am-11:50am  
\*Unavailable 7/17

**SOCCER CAMP** 🌿🟡💰  
Fundamentals and precision skills.  
Meet at Anatomy, 12pm-12:50pm  
\*Unavailable 7/24 & 7/31

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

**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  
\*Beachside weather permitting.

**NATURE WALKING MEDITATION**  
Reset and reflect.  
Meet at Anatomy, 11am-11:50am

**1 BOX**  
Boxing fundamentals and bag  
training.  
Anatomy, 11am-11:50am  
\*Unavailable 7/18

**GLUTE CAMP**  
Lower-body strength and definition.  
Anatomy, 1pm-1:50pm  
\*Unavailable 7/18

**YOGA SCULPT**  
High-intensity yoga and strength.  
Hala, 1:30pm- 2:20pm

**HOT YOGA**  
Heated flow and smooth transitions.  
Hala, 3pm-3:50pm  
\*7/18 offered at 4:30pm

**1 RESET** 💰  
Binaural weightless meditation.  
Anatomy, 4:30pm-5:20pm  
\*Unavailable 7/18

**FIRE RITUAL** 🌿  
Mesmerizing fire knife performance.  
The Sandbox, 7pm

## IN SEASON

July brings a season of celebration, competition, and endurance.

**JULY 4TH CELEBRATION**  
Celebrate the viewing of soccer game 16 with an afternoon of play, connection, and oceanfront energy. Enjoy live music, keiki activities, lawn games, and more.  
11am - 4pm

**THE WORLD'S BIGGEST GAME**  
Join us for the world's game as the tournament moves into its final rounds. Settle into a relaxed, open-air gathering made for cheering, connecting, and celebrating the global game together.

**SEMIFINALS: WATCH PARTY**  
Tuesday, July 14th  
9am, Sandbox Bar

**SEMIFINALS: WATCH PARTY**  
Wednesday, July 15th  
9am, Sandbox Bar

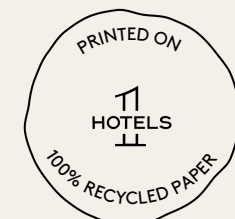
**3RD PLACE PLAY-OFF: WATCH PARTY**  
Saturday, July 18<sup>th</sup>  
11am, Sandbox Bar

**FINALS: WATCH PARTY**  
Sunday, July 19th  
9am, Sandbox Bar

**SOCCER CAMP** 🌿🟡💰  
**WITH COACH BRUNO**  
Fridays & Sundays, 12pm-12:50pm  
Meet at Anatomy  
\*Unavailable July 24, 26 & 31

As the world tunes in to the global soccer tournament, take the field with Coach Bruno. This fun-filled 'camp' focuses on soccer fundamentals, including ball control, passing, dribbling, and footwork. Favorite team jerseys encouraged.

**WORLD'S TOUGHEST ROW**  
The World's Toughest Row—Pacific concludes in Hanalei Bay each July, as rowing teams from around the globe complete their extraordinary 2,800-mile journey across the Pacific. Throughout the month, arrivals bring inspiring stories of endurance, resilience, and adventure to Kaua'i's shores.



<b>ALL AGES</b> 🌿 Designed with families in mind, all ages welcome. Children must be accompanied by a parent/guardian.	<b>TEEN-FRIENDLY</b> 🟡 Age 12+	<b>ADDITIONAL FEE AND NO-SHOW FEE APPLIES</b> 💰 A no-show fee per person applies if not canceled at least 24 hours before the start of the event.	<b>NO RESERVATIONS REQUIRED</b> 🌿
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