

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.



HAWAIIAN
CULTURE

Guided by the rhythms, stories, and spirit of Kaua‘i

WAI PĀ- 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 KAUAI‘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 KAUAI
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.

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

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

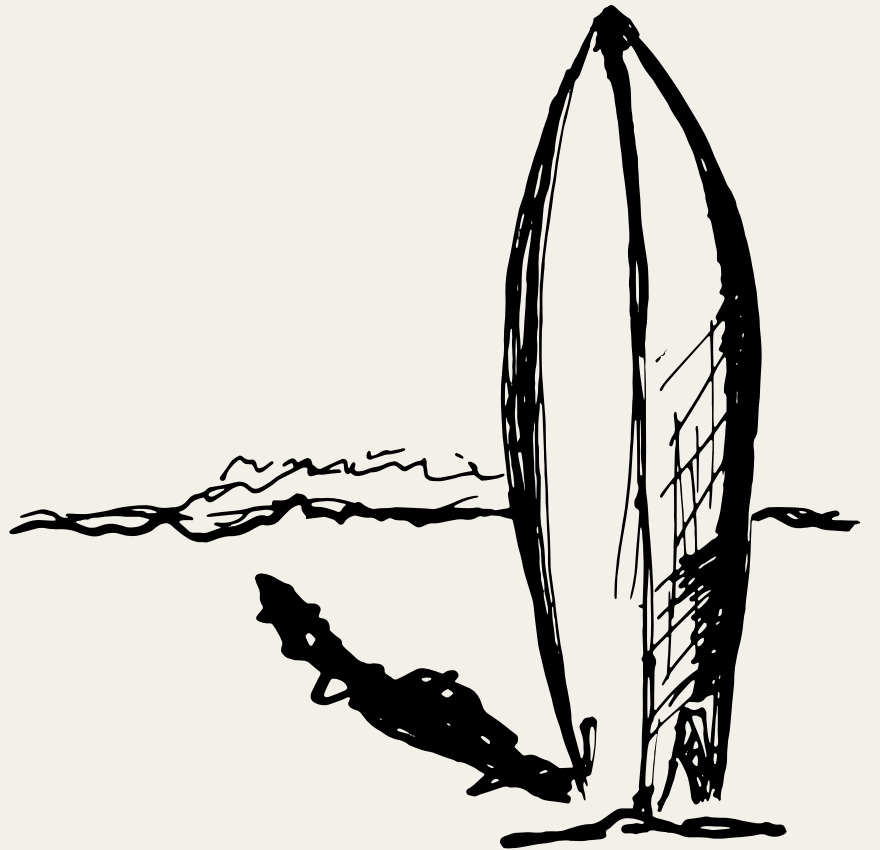


These popular offerings fill up fast, so please secure your reservations early; walk-ins can only be accommodated when space permits. While all offerings are subject to change or are condition-contingent, we can recommend many alternatives—rain, shine or rainbows!

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



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

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

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

‘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

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

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

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 18th 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.



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!

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 before the start of the event.	NO RESERVATIONS REQUIRED 
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