

# 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

### 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](http://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](http://hilt.org/volunteer)  
Days and locations vary

### SURFRIDER KAUAʻI NET PATROL AND BEACH CLEANUPS

Learn more at [kauai.surfrider.org/events](http://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](http://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](http://WeCareKauai.org)

### PLEDGE FOR OUR KEIKI

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

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.

# 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

### 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  
\*Beachside weather permitting.

### NATURE WALKING MEDITATION

Reset and reflect.  
Meet at Anatomy, 11am-11:50am

### 1 BOX

Boxing fundamentals and bag  
training.  
Anatomy, 12pm-12:50pm  
\*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