

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 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*

MĀLAMA GIVE BACK

Give back to the community through passion and purpose

WAIPĀ- FOUNDATION FOOD & FARM TOURS

In-depth experience of the Hawaiian cultural relationship between people, food and 'āina (natural resources). Topics vary. Learn more at waipafoundation.org/foodand-farm-tours *Tues, Weds & Thurs*

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.

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, MOUNTAIN & E-BIKES

Valet Desk, Porte Cochere
Daily, 9am-4pm, first-come, first-served basis
**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 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*

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 and experience the thrill as you reel in prized catches, including Marlin, Ono, Ahi, and more.

ZIPLINE ADVENTURE

Embark on a thrilling zipline adventure as you soar across tropical treetops, tumbling waterfalls, lush valleys, and even 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 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.

guiding your stay

JUNE



1
HOTEL
hanalei bay

1HOTELS.COM/HANALEI-BAY @1HOTEL.HANALEIBAY



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!

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.

BAMFORD SPA
Monday- Sunday, 9am-6pm

VITALITY
Monday- Saturday, 9am-5pm

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
6am-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

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, 9am-9:50am
*Unavailable 6/7

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

1 BOX
Boxing fundamentals and bag training.
Anatomy, 11:30am-12:20pm

1 TRAINING CAMP 💰
Unlock power, speed and agility.
Anatomy, 2pm-2:50pm

KEIKI BUBBLE HOUR 🌿
Bubbles and games for keiki.
Sandbox Lawn, 2pm-3pm

WAFF FLOW 💰
Balance, mobility, control.
Hala, 3pm-3:50pm
*Unavailable 6/7

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

**ARTIST IN RESIDENCE:
PATRICE PNDARVIS**
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 6/21

FIRE RITUAL 🌿
Mesmerizing fireknife performance.
The Sandbox, 6:30pm



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

YIN YOGA
Quiet the mind and relax the body.
Hala, 9am-9:50am
*Unavailable 6/8

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

GYM JUMPSTART
Beginner full body strength circuit.
Anatomy, 11am-11:50am
*Unavailable 6/8

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 11am-11:50am

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

ALOHA GLOW: NATURE'S LIP BALM
Make a botanical lip balm. 💰🌿
Kaulu Hale, 4pm-5pm

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

1 BEACH BODY 💰
Cardio and strength training.
Hala, 9am-9:50am
*Unavailable 6/9

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

'OHANA LEI MAKING 🌿
Craft and culture.
Kaulu Hale, 9am-10am

'OHANA PIZZA MASTERCLASS 🌿💰
Pizza making experience-crafted
with aloha.
Sandbox, 10am-11am

BEE-LOVED HONEY HOUR 🌿
Honeybees and nature's healing power.
Welina Terrace, 11am-12pm

HOT PILATES
Heated control and flow.
Hala, 11am-11:50am

1 BEACH BODY 💰
Cardio and strength training.
Meet at Anatomy, 11:30am-12:20pm
*Beachside weather permitting

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

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+

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

PUA LEI MAKING 🌿
Create your own plumeria and ti-leaf
lei.
Kaulu Hale, 4pm-5pm

1 STRETCH
Mobility and body awareness.
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

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

NATURE WALKING MEDITATION 🌿
Reset and reflect.
Meet at Anatomy, 9am-9:50am

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

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

BILL HAMILTON POINT OF VIEW
Surf stories with a legendary surfer.
Neighbors, 10am-11am
*Available 6/3 & 6/17

1 BOX
Boxing fundamentals & bag training.
Anatomy, 11am-11:50am

BEE-LOVED HONEY HOUR 🌿
Honeybees and nature's healing power.
Welina Terrace, 11am-12pm

VINYASA YOGA
Breath-led vinyasa flow.
Hala, 12pm-12:50pm

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 1:30pm- 2:20pm

KEIKI BUBBLE HOUR 🌿
Bubbles and games for keiki.
Sandbox Lawn, 2pm-3pm

SOUL SWEAT
Relax muscles and boost circulation.
Hala, 3pm-3:50pm

1 RESET 💰
Binaural weightless meditation.
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

MAT PILATES
Focused on control and flow.
Hala, 9am-9:50am

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

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

PUKA SHELL MAKING 💰🌿
10:30am-11:30am
*Available 6/11 & 6/25

LAU NIU HAT WEAVING 💰🌿
Create your own coconut woven hat.
Kaulu Hale, 10:30am-12:30pm
*Available 6/18

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

'OHANA MOVES 🌿
Family fitness for 'ohana.
Hala, 1pm-1:50pm

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

PAINT AND SIP 💰🌿
Watercolor and wine workshop.
Kaulu Hale, 4pm-6pm

WAFF FLOW 💰
Balance, mobility, control.
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

FIRE RITUAL 🌿
Mesmerizing fireknife performance.
The Sandbox, 6:30pm

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

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

'OHANA MOVES 🌿
Family fitness for 'ohana.
Hala, 11am-11:50am

1 BOX
Stability, mobility, proprioception.
Anatomy, 11am-11:50am

1 TRAINING CAMP 💰
Unlock power, speed and agility.
Anatomy, 12pm-12:50pm

SEEDLINGS ALOHA HOUR 🌿
Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

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

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

**ARTIST IN RESIDENCE:
PATRICE PNDARVIS** 🌿
Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 6/19

FIRE RITUAL 🌿
Mesmerizing fireknife performance.
The Sandbox, 6:30pm

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.

YOGA ARM BALANCE 💰
Explore arm balance foundations.
Hala, 11am-11:50am
*Unavailable 6/6

HOT YOGA
Heated flow and smooth transitions.
Hala, 10:30am-11:20am
*Unavailable 6/6

1 BOX
Stability, mobility, proprioception.
Anatomy, 2pm-2:50pm

1 RESET 💰
Binaural weightless meditation.
Anatomy, 4:30pm-5:20pm

**ARTIST IN RESIDENCE:
PATRICE PNDARVIS** 🌿
Collection inspired by nature and
spirit.
Kaulu Hale, 5pm-8pm
*Available 6/20

FIRE RITUAL 🌿
Mesmerizing fireknife performance.
The Sandbox, 6:30pm

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 🌿



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!

