

HEALTHY SLEEP HABITS

Sleep isn't a luxury—it's essential. It's when the body restores, the mind resets, and true well-being begins. At 1 Hotel Hanalei Bay, nature's rhythm, slower evenings, and ocean air create the perfect setting for deeper rest. This Sleep Awareness Month, we invite you to experience truly restorative sleep—and discover simple practices to carry home long after your stay.

SLEEP ENVIRONMENT

- Set the bedroom to a cool, comfortable ~68°F to support deeper rest
- Draw blackout curtains or slip on an eye mask to ease the body into darkness
- Dim overhead lighting and opt for warm, ambient lamps to signal nightfall
- Slip into cozy socks to encourage circulation and support deeper, more restorative sleep

EVENING ROUTINE

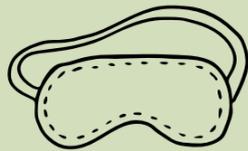
- Finish meals at least three hours before bedtime to support overnight restoration
- Avoid vigorous movement within two hours of sleep, allowing the body to fully unwind
- Power down screens at least 60 minutes before bed to ease into a calmer state
- Keep the bed reserved for rest—avoiding work, TV, or eating—to strengthen the mind's sleep association

MIND & BODY PREPARATION

- Aim for a consistent bedtime each night to support a steady, restorative rhythm
- Gently "brain dump" lingering thoughts in a journal to help quiet the mind
- Keep naps brief—no longer than 30 minutes—and earlier in the day to protect nighttime sleep

ADDITIONAL TIPS

- Ease into the evening with gentle stretches or mindful breathing to calm the nervous system
- Listen to soothing sound frequencies in the 1-4 Hz delta range, which may help encourage deeper, more restorative sleep



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

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

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 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 & experience the thrill as you reel in prized catches, including Marlin, Ono, Ahi & 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

MARCH

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



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



Reservations required for ages 5-12

'OHANA ACTIVITY ROOM

Indoor fun with games and activities.
Visit concierge for details.
10th Floor, Daily, 9am-8pm

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 & living stories.
Porte Cochère, 8am-10am

HOT YOGA
Heated flow with smooth transitions.
Hala, 9am-9:50am
*Unavailable 3/8

1 BOX
Boxing fundamentals & bag training.
Anatomy, 9am-9:50am

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 11am-11:50am
*Unavailable 3/8

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 12pm-12:50pm

WAFF FLOW 🍷
Balance, mobility & control.
Hala, 12:30pm-1:20pm

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

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
Hala, 2pm-2:50pm
*Unavailable 3/8

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

'OHANA 1 STRETCH 🌿
Move and stretch together.
Hala, 4:30pm-5:20pm

FIRE RITUAL 🌿
Mesmerizing fireknife performance.
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

'OHANA MINDFUL YOGA 🌿
Calm through movement.
Hala, 9am-9:50am

HULA, HAWAIIAN DANCE 🌿
Embody the island's cultural dance.
Kaulu Hale, 9am-10am

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 9:30am-10:20am

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

MAT PILATES
Focused on control and flow.
Hala, 11am-11:50am

GLUTE CAMP
Lower-body strength and definition.
Anatomy, 11:30am-12:20pm

GOLF STRENGTH 🍷
Boost power, stability, and recovery.
Anatomy, 1pm-2pm

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 2pm-2:50pm
*Unavailable 3/2

PAINT & SIP-KEIKI EDITION 🌿
Little artists paint and sip POG juice.
Kaulu Hale, 4pm-5pm
*Unavailable 3/9 & 3/23

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

ALOHA GLOW: NATURE'S LIP BALM
Make a botanical lip balm. 🍷🌿
Kaulu Hale, 4pm-5pm
*Available 3/9 & 3/23

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 & living stories.
Porte Cochère, 8am-10am

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

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 9:30am-10:20am

RHYTHMS OF RENEWAL: SLEEP
Learn about circadian rhythm.
Welina Terrace, 11am-11:50am

YOGA ARM BALANCE 🍷
Explore arm balance foundations.
Hala, 11am-11:50am

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 12pm-12:50pm

'OHANA MOVES 🌿
Family fitness for 'ohana.
Hala, 12:30pm-1:20pm

THE PERFECT MAI TAI 🍹
Tropical cocktail secrets.
Welina Terrace, 1pm-2pm, Age 21+

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

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 2pm-2:50pm

1 TRAINING CAMP 🍷
Unlock power, speed, and agility.
Anatomy, 3pm-3:50pm

'OHANA LEI MAKING 🌿
Craft and culture.
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

HATHA YOGA
Mindful movement for balance.
Hala, 9am-9:50am

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

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Hala, 9:30am-10:20am

BILL HAMILTON POINT OF VIEW 🌿
Surf stories with a legendary surfer.
Neighbors, 10am-11am
*Available 3/4 & 3/18 only

MINDFUL 'OHANA YOGA 🌿
Calm through movement.
Hala, 11am-11:50am

1 BOX
Boxing fundamentals & bag training.
Anatomy, 12pm-12:50pm

HOT PILATES
Heated control & flow.
Hala, 12:30pm-1:20pm

TEQUILA + MEZCAL TASTING 🍷
Curated tequila tasting.
Welina Terrace, 1pm-2pm, Age 21+

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Hala, 2pm-2:50pm

'OHANA LEI MAKING 🌿
Craft and culture.
Kaulu Hale, 4pm-5pm

1 RESET 🍷
Binaural weightless meditation.
Hala, 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 & living stories.
Porte Cochère, 8am-10am

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
Hala, 9am-9:50am
*Unavailable 3/12

KAUAI BEE TEAM: TALK STORY
Honeybees and nature's healing power.
Welina Terrace, 11am-12pm
*Available 3/26

'OHANA WELLNESS 🌿
Families co-create lasting wellness.
Kaulu Hale, 11am-11:50am

RESTORATIVE PILATES
Strengthen, tone, and rejuvenate.
Hala, 11am-11:50am
*Unavailable 3/12

METABOLIC MELTDOWN
Plyometric training for max burn.
Anatomy, 12pm-12:50pm

'OHANA MOVES 🌿
Family fitness for 'ohana.
Hala, 12:30pm-1:20pm

LAVA MALA BEAD JOURNEY 🍷🌿
Lava bead malas with essential oils.
Kaulu Hale, 1pm-2pm

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 2pm-2:50pm

1 STRETCH
Mobility and body awareness.
Hala, 3pm-3:50pm

PAINT AND SIP 🍷
Watercolor & wine workshop.
Kaulu Hale, 4pm-6pm
*Unavailable 3/26

WAFF FLOW 🍷
Stability, mobility, proprioception.
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

FLOATING SOUND BATH 🍷
Spring Equinox immersion.
Main Pool, 7:30am-8:20am
*Available 3/20

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.
Goodthings, 9am-2pm

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

RHYTHMS OF RENEWAL: SLEEP
Learn about circadian rhythm.
Welina Terrace, 11am-11:50am

SOUL SWEAT
Heated bootcamp workout.
Hala, 10:30am-11:20am

SEMI-PRIVATE REFORMER 💰
Personalized reformer session.
Fitness Hale, 11am-11:50am

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

'OHANA 1 STRETCH 🌿
Move and stretch together.
Hala, 12pm-12:50pm

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

1 BOX
Boxing fundamentals & bag training.
Anatomy, 1:30pm-2:20pm

'OHANA LEI MAKING 🌿
Craft and culture.
Kaulu Hale, 2:30pm-3:30pm

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

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
Hala, 4:30pm-5:20pm

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

SATURDAY

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

YIN YOGA
Quiet the mind, relax the body, reset.
Hala, 9am- 9:50am
*Unavailable 3/7

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

GOLF STRENGTH 🍷
Boost power, stability, and recovery.
Anatomy, 9am-10am

MINDFUL 'OHANA 🌿
Calm through movement.
Hala, 10:30am-11:20am
*Unavailable 3/7

SOUL SWEAT
Heated bootcamp workout.
Hala, 12pm-12:50pm

1 BOX
Boxing fundamentals & bag training.
Anatomy, 12:30pm-1:20pm

YOGA SCULPT
High-intensity yoga and strength.
Hala, 1:30pm-2:20pm
*Unavailable 3/7

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

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

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

DEEP REST, NATURALLY

Sleep Awareness Month is here, and at 1 Hotel Hanalei Bay, we're leaning into the art of true rest—where ocean air, mindful moments, and nature's rhythm set the tone for deeper sleep. This month, discover simple ways to unwind, recharge, and wake up feeling beautifully restored.

RHYTHMS OF RENEWAL
Tuesdays & Fridays 11am
Welina Terrace

Explore how aligning daily habits with your natural circadian rhythm and practicing good sleep hygiene can enhance rest, boost energy, and support overall well-being—providing practical strategies to help the body and mind restore naturally.

STRESS MANAGEMENT MEDITATION
Mondays & Wednesdays 2pm

Hala
Slow, gentle movement and calming breath work relax the nervous system, release tension, and prepare the body for deeper, more restorative sleep.

'OHANA 1 STRETCH
Sundays 4:30pm & Fridays 12pm
Hala

Gentle stretches and mindful movement ease tension and calm the mind—plus simple techniques to continue at home for ongoing relaxation and better rest.

SOMADOME MEDITATION POD
By Reservation
BamfordWellness Spa

A guided meditation, calming frequencies, gentle light, and crystals aligned along the spine to balance the chakras—helping the mind relax, releasing tension, and encouraging deeper, more restorative rest.

B SILENT RITUAL
By Reservation
BamfordWellness Spa

This nurturing spa ritual uses calming aromatics, grounding touch, and rhythmic techniques to promote relaxation—helping the mind let go, soften stress held in the body, and naturally transition into a state that supports deeper, more restful sleep.

CRYOBUILT THERAPY
By Reservation
Bamford Wellness Spa

Promote deeper, more restorative sleep while supporting muscle recovery and reducing inflammation. This treatment eases discomfort, boosts immunity and metabolism, and helps you wake feeling renewed and ready to perform at your best.

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!