

LET NATURE REST YOUR PACE

MENTAL HEALTH
AWARENESS MONTH

In a world that moves quickly, caring for your mental well-being is essential. This month, we invite you to slow down, find balance, and create space to restore—because even the most dynamic lifestyles deserve moments of stillness.

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 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 ʻāina (natural resources). Topics vary. Learn more at waipafoundation.org/foodand-farm-tours *Tues, Weds & Thurs*

HAWAII 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.



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!

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

MAY



1

HOTEL
hanalei bay

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

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.

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

Mother's Day Celebration
Sunday, 5/10 | 12:30pm-8pm

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

ARTISAN MARKET

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

1 BOX

Boxing fundamentals and bag training.
Anatomy, 11am-11:50am
*Unavailable 5/17

RESTORATIVE YOGA

Therapeutic yoga for deep relaxation.
Hala, 11:30am-12:20pm

PUA LEI MAKING

Create your own plumeria lei.
Welina Terrace, 12pm-1pm
*Available 5/10

WAFF FLOW

Balance, mobility, control.
Hala, 1pm-1:50pm
*Unavailable 5/17

KEIKI BUBBLE HOUR

Bubbles and games for keiki.
Sandbox Lawn, 2pm-3pm

GLUTE CAMP

Lower-body strength and definition.
Anatomy, 2pm-2:50pm
*Unavailable 5/10

'OHANA 1 STRETCH

Move and stretch together.
Hala, 4:30pm-5:20pm

ARTIST IN RESIDENCE: ZOE ROSE

Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 5/10

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

1 BEACH BODY

Cardio and strength training.
Meet at Anatomy, 9am-9:50am
*Beachside weather permitting

HULA, HAWAIIAN DANCE

Embody the island's cultural dance.
Kaulu Hale, 9am-10am
*Unavailable 5/10

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
*Unavailable 5/10

MAT PILATES

Focused on control and flow.
Hala, 10:30am-11:20am

GLUTE CAMP

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

STRESS MANAGEMENT MEDITATION

Guided meditation for calm and focus.
Hala, 1pm-1:50pm

1 TRAINING CAMP

Unlock power, speed and agility.
Anatomy, 2pm-2:50pm

PAINT & SIP-KEIKI EDITION

Little artists paint and sip POG juice.
Kaulu Hale, 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

RESTORATIVE YOGA

Therapeutic yoga for deep relaxation.
Hala, 9am-9:50am

REFORMER COLLECTIVE

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

'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
*Available 5/19

HATHA YOGA

Mindful movement for balance.
Hala, 11am-11:50am

1 BEACH BODY

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

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+

'OHANA MOVES

Family fitness for 'ohana.
Hala, 2:30pm-3:20pm

PUA LEI MAKING

Create your own plumeria 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

BREATH AS MEDICINE

Breathwork for calm and balance.
Hala, 9am-10am
*Available 5/13

NATURE WALKING MEDITATION

Reset and reflect.
Meet at Anatomy, 9am-9:50am

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 9am-9:50am
*Unavailable 5/20

TRUNK SHOW

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

BILL HAMILTON POINT OF VIEW

Surf stories with a legendary surfer.
Neighbors, 10am-11am
*Available 5/6 & 5/13

STRESS MANAGEMENT MEDITATION

Guided meditation for calm and focus.
Hala, 10:30am- 11:20am

BEE-LOVED HONEY HOUR

Honeybees and nature's healing power.
Welina Terrace, 11am-12pm
*Available 5/13

1 BOX

Boxing fundamentals & bag training.
Anatomy, 11:30am-12:20pm
*Unavailable 5/20

RESTORATIVE YOGA

Therapeutic yoga for deep relaxation.
Hala, 12pm-12:50pm

KEIKI BUBBLE HOUR

Bubbles and games for keiki.
Sandbox Lawn, 2pm-3pm

MYOFASCIAL RELEASE

Relax muscles and boost circulation.
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 and living stories.
Porte Cochère, 8am-10am

RESTORATIVE YOGA

Therapeutic yoga for deep relaxation.
Hala, 9am-9:50am
*Unavailable 5/14

BREATH AS MEDICINE

Breathwork for calm and balance.
Hala, 9am-10am
*Available 5/14

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 9am-9:50am
*Unavailable 5/14

TRUNK SHOW

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

'OHANA MOVES

Family fitness for 'ohana.
Hala, 10:30am-11:20am

1 BEACH BODY

Cardio and strength training.
Meet at Anatomy, 11:30am-12:20pm
*Beachside weather permitting
*Unavailable 5/14 & 5/21

RESTORATIVE PILATES

Strengthen, tone and rejuvenate.
Hala, 12pm-12:50pm

LAVA MALA BEAD JOURNEY

Lava bead malas with essential oils.
Kaulu Hale, 2pm-3pm
*Available 5/14

PAINT AND SIP

Watercolor and wine workshop.
Kaulu Hale, 4pm-6pm
*Available 5/21 & 5/28

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

1 BEACH BODY

Cardio and strength training.
Meet at Anatomy, 9am-9:50am
*Unavailable 5/15

MAT PILATES

Focused on control and flow.
Hala, 9am-9:50am
*Unavailable 5/1

REFORMER COLLECTIVE

Personalized Pilates reformer session.
Fitness Hale, 11am-11:50am
*Unavailable 5/1

'OHANA 1 STRETCH

Move and stretch together.
Hala, 11am-11:50am

SEEDLINGS ALOHA HOUR

Discover the Seedlings experience.
Seedlings Basecamp, 1pm-2pm

1 TRAINING CAMP

Unlock power, speed and agility.
Anatomy, 2pm-2:50pm

PUA LEI MAKING

Create your own plumeria lei.
Kaulu Hale, 4pm-5pm

MYOFASCIAL RELEASE

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

ARTIST IN RESIDENCE: ZOE ROSE

Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 5/8

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 6:30pm

SATURDAY

SUNRISE MOVEMENT

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

1 BEACH BODY

Cardio and strength training.
Meet at Anatomy, 9am-9:50am
*Beachside weather permitting.

YIN YOGA

Quiet the mind and relax the body.
Hala, 9am-9:50am
*Unavailable 5/9 & 5/16

TRUNK SHOW

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

HOT YOGA

Heated flow and smooth transitions.
Hala, 10:30am-11:20am
*Unavailable 5/9

1 BOX

Stability, mobility, proprioception.
Hala, 1pm-1:50pm
*Unavailable 5/16

METABOLIC MELTDOWN

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

1 RESET

Binaural weightless meditation.
Anatomy, 4:30pm-5:20pm
*Unavailable 5/16

ARTIST IN RESIDENCE: ZOE ROSE

Collection inspired by nature and spirit.
Kaulu Hale, 5pm-8pm
*Available 5/9

FIRE RITUAL

Mesmerizing fireknife performance.
The Sandbox, 6:30pm

SLOW DOWN, NATURALLY

In honor of Mental Health Awareness Month, our experiences are inspired by nature's healing properties, supporting balance, renewal, and deeper connection.

BREATH AS MEDICINE WORKSHOPS LED BY KOMUSO DESIGN

May 13 & 14, 9am
Mind & Movement

This immersive introduction to Komuso-inspired breath-work blends Japanese tradition with modern nervous system science. Guided by the founders, guests learn to use the Flex tool to activate the parasympathetic response, gently calming the central nervous system and restoring inner balance.

OCEAN FLOAT EXPERIENCE

By reservation
Bamford Wellness Spa

Drift in a magnesium-rich solution that recreates the calm sensation of floating in the ocean. Free from sound and light, this restorative experience eases tension, supports deep relaxation, and restores balance to body and mind.

SOMADOME MEDITATION POD

By reservation
Bamford Wellness Spa

A guided meditation, calming frequencies, gentle light, and crystals aligned along the spine to balance the chakras—helping the mind relax, release tension, and encourage deeper, more restorative rest. Sound frequency mimics the Earth's natural hertz.

NATURE WALKING MEDITATION

Wednesdays, 9am
Mind & Movement

Step into serenity as you're guided through a mindful walking meditation set against the breathtaking natural beauty of our island surroundings. With each intentional step, reconnect to your breath, your body, and the present moment. This immersive experience invites gentle reflection, emotional renewal, and a deep sense of grounding—honoring both where you've been and where you're going. Embrace the rhythm of nature and the spirit of aloha as you cultivate inner calm and clarity.

1 RESET

Saturdays, 4:30pm (exc. 5/16)
Mind & Movement

Indulge in a deeply restorative journey designed to recalibrate both body and mind. Guided by soothing binaural soundscapes, intentional breath work, and subtle, expert-led movement, this experience unfolds atop the innovative Waff Max—an air-filled cushion that enhances circulation, encourages lymphatic flow, and relieves joint tension. As your body softens and your mind quiets, you'll enter a state of profound relaxation and renewal, leaving you feeling balanced, restored, and re-centered.

ALL AGES

Designed with families in mind, all ages welcome. Children must be accompanied by a parent/guardian.

TEEN-FRIENDLY

Age 12+