

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
Tuesday-Saturday, 9am-5pm
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.

mālama • give back

GIVE BACK TO THE COMMUNITY
THROUGH PASSION AND PURPOSE

WAIPA FOUNDATION
FOOD & FARM TOURS 🏡
Tues, Weds & Thurs
In-depth experience of the Hawaiian
cultural relationship between people,
food, and ‘āina (natural resources).
Learn more [waipafoundation.org/food-
and-farm-tours](http://waipafoundation.org/food-and-farm-tours)

HAWAI’I LAND TRUST
COASTAL RESTORATION PROJECT
First Sunday of the Month or by
appointment, Kahili Preserve. Learn
more hilt.org/volunteer

SURFRIDER KAUA’I
NET PATROL AND BEACH CLEANUPS
Days and locations vary
Learn more kauai.surfrider.org/events
For details call 808.635.2593

FIELD TRIP FOR SHELTER DOGS 🐕
By Reservation
Share the love with pups who need it most.
Visit kauaihumane.org/service/field-trips
to reserve your date.

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

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 BIKES
Daily, 9am-4pm, first-come
first-served basis
Valet Desk, Port Cochère
*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, 8:30am-5pm,
Available by reservation

photography

CORAL PHOTOGRAPHY 🐠
Daily, By Appointment
Stop by 4th floor or email
1hk@coralphotography.com to
book your session.

kaua’i’s premier
activites 🏝️

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
Encounter dolphins, sea turtles, and
tropical fish on this unforgettable
day cruise.

SUNSET SAIL
Choose between a leisurely sunset
sail on Kaua’i’s south shore or indulge in
a delectable dinner cruise featuring
breathtaking views of the majestic
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.



1
HOTEL
hanalei bay

guiding
your stay

November 2025

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY



november 2025 • reservations required

Welina mai me ke aloha! Our Daylife offerings are designed to immerse you in all the elements that make us who we are, focused on conscious living in harmony with our natural world.

SEEDLINGS aloha camp

Our licensed camp for children ages 6-12 years old is a hub of imagination and discovery, creating an environment where kids can simply be kids.

ALOHA CAMP
Monday - Friday
Seedlings Basecamp, 9am-3pm



RESERVATIONS REQUIRED
FOR AGES 6-12

‘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-11am
Lunch | 11:30am-3pm
Dinner | 5:30pm-9pm
Bar | 10:30am-10pm

SUNRISE NOURISHMENT BAR
6:30am-11am

WELINA TERRACE
Bar | 4pm-10pm
Bites | 4pm-9pm
Live music nightly

THE SANDBOX
Tuesday-Sunday
Bar | 10am-6pm
Restaurant | 11:30am-5pm

Monday
Bar | 10am-8pm
Restaurant | 11:30am-8pm

FIRE DANCE
Friday-Sunday
6:25pm-6:35pm

NEIGHBORS CAFE
6am-3pm

WAI’OLI TREATS
Daily | 11am-5pm

sunday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates, and mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.
Porte Cochère, 8am-10am

SOUL SWEAT
Heated conscious bootcamp- style workout.
Hala, 9am-9:50am

1 STRETCH
Improve flexibility, mobility, and body awareness for lasting physical well-being.
Hala, 11:30am-12:20pm

‘OHANA MARINE LIFE MAGIC
An engaging and wondrous walk through our local tidepools.
Seedlings, 10:30am-11:30am

‘OHANA LEI MAKING
Learn a new craft and the cultural tradition behind it.
Kaulu Hale, 2:30pm-3:30pm

GYM JUMPSTART
Beginner-friendly gym circuit for a full-body strength workout.
Anatomy, 2:30pm-3:20pm

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

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

wellness & private offerings

Vitality Kaua’i
Daily, by appointment
Treatments for longevity and vitality, from DEXA Body Composition Scan, IV therapy to medical aesthetics including Botox, fillers, injections, microneedling, chemical peels, and Sculptra. Visit Vitality Kaua’i on the 8th floor inside Anatomy to book.

monday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates, and mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK
Brief intro to caring for our reef and sea creatures.
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

MAT PILATES
Heated flow, focused on effortless transitions between postures or asanas.
Hala, 9am-9:50am

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

GOLF SWING CLINIC
Private swing lessons.
Makai Golf Course, 10am-11am

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

SEMI-PRIVATE REFORMER
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 10:30am-11:20am
Unavailable 11/3

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn.
Anatomy, 2:30pm-3:20pm

ALOHA GLOW: NATURE’S LIP BALM
Blend nature’s botanicals into a nourishing lip balm.
Kaulu Hale, 4pm- 5pm
*Available 11/3 & 11/17

1 STRETCH
Improve flexibility, mobility, and body awareness for lasting physical well-being.
Hala, 4:30pm-5:20pm

Fitness Training
Daily, by appointment
Personalized fitness consultations and training with a Body Architect, including metabolic and body analysis, strength training, boxing, myofascial release, Pilates, and pre/postnatal yoga. Visit our Happenings page to book.

tuesday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates, and mobility.
Meet at Anatomy, 6:55am-7:50am

KŪPONO E-BIKE TOUR
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.
Porte Cochère, 8am-10am

HOT PILATES
Heated mat-based class focused on control and flow.
Hala, 9am-9:50am
Unavailable 11/4

‘OHANA HULA, HAWAIIAN DANCE
A playful hula class for kids to move, learn, and connect with Hawaiian culture.
Kaulu Hale, 9am-10am

LAU HALA BRACELET WEAVING
Traditional weaving of Pandanus leaves into wearable art.
Kaulu Hale, 10:30am-11:30am

SEMI-PRIVATE REFORMER
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 10:30am-11:20am
Unavailable 11/4

GYM JUMPSTART
Beginner-friendly gym circuit for a full-body strength workout.
Anatomy, 10:30am-11:20am
Available 11/4

RHYTHMS OF RENEWAL
Join our onsite wellness expert to discover your ideal circadian rhythm and learn biohacks to boost your sleep, mood and energy.
Welina Terrace, 11am-11:50am
*Unavailable 11/18

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 2:30pm-3:20pm

THE PERFECT MAI TAI
Master the mixology secrets behind this tropical cocktail.
Welina Terrace, 1pm-2pm, Age 21+

MYOFASCIAL RELEASE
Strengthen, tone, refresh, and rejuvenate body and mind.
Hala, 4:30pm-5:20pm

Touchless Therapies
Daily, by appointment
Sensory therapies to nurture balance, harmony, and tranquility, including the Sunlighten Infrared Sauna, Ocean Float Room, Somadome Meditation Pod, and Hyperbaric Oxygen Therapy. Visit Bamford Wellness Spa on the 9th floor to book.

wednesday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates, and mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK
Brief intro to caring for our reef and sea creatures.
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

YOGA SCULPT
High-intensity power yoga and strength fusion.
Hala, 9am-9:50am

TRUNK SHOW
Discover and shop ocean-conscious creations from Hawai’i-based artisans and designers.
Goodthings, 9am-2pm

BILL HAMILTON POINT OF VIEW
Talk story and epic surf tales with a surf legend.
Neighbors, 10am-11am
*Available 11/5 & 11/19

‘OHANA LEI MAKING
Learn a new craft and the cultural tradition behind it.
Kaulu Hale, 11am-12pm

MAT PILATES
Mat-based Pilates class concentrated on control and flow.
Hala, 1pm-1:50pm
Unavailable 11/5

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 2:30pm-3:20pm

PAINT AND SIP - KEIKI EDITION
Guided acrylic painting paired with Pog juice designed for keiki.
Kaulu Hale, 3pm-4pm

TEQUILA + MEZCAL TASTING
Sample collections curated by our resident tequila expert.
Welina Terrace, 1pm-2pm, Age 21+

SEMI-PRIVATE REFORMER
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 5pm-5:50pm

ARTIST IN RESIDENCE
Inspired by Kaua’i’s natural beauty, each piece embodies harmony and stillness.
Kaulu Hale, 5pm-7pm
*Available 11/26

thursday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates, and mobility.
Meet at Anatomy, 6:55am-7:50am

HATHA YOGA
Heated mat-based class focused on control and flow.
Hala, 9am-9:50pm

FOOD AS MEDICINE
Discover your body’s natural anti-inflammatory power with personalized insights and rituals to restore balance and renewal.
Kaulu Hale, 11am-11:50am
*Unavailable 11/20

SEMI-PRIVATE REFORMER
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 1pm-1:50pm
*Unavailable 11/6

SHEARWATER TALK STORY
Each fall, the endangered Newell’s Shearwater takes its first flight to sea. We dim our lights—and invite you to talk story with We Care Kaua’i to help protect these young seabirds.
Welina Terrace, 1pm-2pm
*Available 11/6 & 11/20

LAVA MALA BEAD JOURNEY
Create custom lava bead malas with essential oils, combining mindfulness and Hawaiian volcanic energy.
Kaulu Hale, 1pm-2pm

MAT PILATES
Mat-based Pilates class concentrated on control and flow.
Hala, 2:30pm-3:20pm
*Unavailable 11/6

GLUTE CAMP
Lower body workout for strength and definition.
Hala, 2:30pm-3:20pm
*Available 11/6

PAINT AND SIP
Watercolor workshop paired with wine.
Kaulu Hale, 4pm-6pm

MYOFASCIAL RELEASE
Ease pain, relax muscles, and boost circulation.
Hala, 4:30pm-5:20pm
*Unavailable 11/6

YIN YOGA
A slow, grounding practice that restores balance through long-held poses and mindful breath.
Hala, 4:30pm-5:20pm
*Available 11/6

friday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates, and mobility.
Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK
Brief intro to caring for our reef and sea creatures.
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

HOT YOGA
Heated flow, focused on effortless transitions between postures or asanas.
Hala, 9am-9:50am

TRUNK SHOW
Discover and shop ocean-conscious creations from Hawai’i-based artisans and designers.
Goodthings, 9am-2pm

THE OCEAN EDIT: NATURE’S SOAP EXPERIENCE
Blend aromatherapy and nature in a soap-making experience.
Kaulu Hale, 10am-12pm
*Available 11/14

SEMI-PRIVATE REFORMER
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 11am-11:50am
*Unavailable 11/7

‘OHANA LEI MAKING
Learn a new craft and the cultural tradition behind it.
Kaulu Hale, 2:30pm-3:30pm

STRESS RESET
An immersive audio experience designed to reduce stress, support clarity, and reset the nervous system.
Hala, 1pm-1:50pm
*Unavailable 11/7

GYM JUMPSTART
Beginner-friendly gym circuit for a full-body strength workout.
Hala, 2:30pm- 3:20pm

1 STRETCH
Improve flexibility, mobility, and body awareness for lasting physical well-being.
Hala, 5pm-5:50pm

ARTIST IN RESIDENCE
Inspired by Kaua’i’s natural beauty, each piece embodies harmony and stillness.
Kaulu Hale, 5pm-7pm
*Available 11/28

saturday

SUNRISE MOVEMENT
Oceanside blend of mindfulness, yoga, Pilates, and mobility.
Meet at Anatomy, 6:55am-7:50am

‘OHANA NATURE WALK
Stroll amidst lush foliage and gentle ocean breezes.
Sandbox, 8:30am-9:30am

GYM JUMPSTART
Lower body workout for strength and definition.
Hala, 9am-9:50am
*11/1 10am-10:50am

TRUNK SHOW
Discover and shop ocean-conscious creations from Hawai’i-based artisans and designers.
Goodthings, 9am-2pm

YOGA SCULPT
High-intensity power yoga and strength fusion.
Hala, 2:30pm-3:20pm

YIN YOGA
A slow, grounding practice that restores balance through long-held poses and mindful breath.
Hala, 4:30pm-5:20pm

**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!

