

NATURE’S
RHYTHM

Our wellness experiences invite you to move with intention, embrace moments of restoration, and reconnect with what matters most. Through mindful movement, recovery therapies, and nature-inspired rituals, discover wellbeing rooted in the beauty and rhythms of Hanalei Bay.

LONGEVITY & RENEWAL
By Reservation
Bamford Wellness Spa,
Anatomy Fitness & Vitality Kaua’i
Support long-term vitality through advanced diagnostics, restorative therapies, and personalized wellness insights designed to optimize cellular health, recovery, and healthy aging.

- VO₂ Max & InBody Assessment
- Private Strength & Mobility Session
- Hyperbaric Oxygen Therapy
- Infrared Sauna
- Hawaiian Herbal Body Treatment
- DEXA Scan and Consultation
- Glutathione IV Infusion

NEURO FITNESS
By Reservation
Bamford Wellness Spa,
Anatomy Fitness & Vitality Kaua’i
Enhance focus, mental clarity, and resilience through a thoughtfully designed experience combining movement, meditation, recovery therapies, and cognitive wellness support.

- Private Body Architect Session
- Contrast Therapy
- Somadome Meditation Pod
- Ocean Float Experience
- IV Infusion

IV INFUSION AND NAD+
By Reservation
Vitality Kaua’i
Enhance your wellbeing with NAD+ and IV Hydration therapies designed to support energy, mental clarity, recovery, and overall vitality. With zero downtime, these restorative treatments help replenish and rebalance the body—so you can feel refreshed, revitalized, and fully immersed in the rhythm of Hanalei Bay from the moment you arrive.

KAUA’I’S RENEWAL

Every thoughtful choice helps support Kaua’i’s recovery. By shopping local and exploring local experiences, you help sustain the families and small businesses that make our island so special. As you explore, we invite you to tread lightly—supporting businesses that have reopened while giving others the time they need to recover. Mahalo for being part of Kaua’i’s continued renewal.

To reserve excursions and activities, visit concierge or call 808.826.9644

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 test drive in a fully electric Audi e-tron.
By appointment, reserve with concierge

EXCURSIONS
Common Ground Kilauea
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

HUAKA’I
ADVENTURES

OCEAN EXPERIENCES
Stand-Up Paddle Boards
Bodyboards
Snorkeling
River Kayaking
Outrigger Canoe Tours
Visit Beach Activities Hale, Honoiki Beach
**Excursions and rentals are weather and surf permitting*

CRUISER & E-BIKES
Porte Cochere
Daily, by Reservation

MĀLAMA
GIVEBACK

Give back to the community through passion and purpose

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 to reserve your date.
By reservation

WE CARE KAUA’I
Select from wildlife protection programs, coastal cleanups, and trail restorations.
Learn more via WeCareKauai.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 pickup available at Porte Cochère.

KAUA’I’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 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.

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 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.

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.



guiding
your stay
NOVEMBER

1
HOTEL
hanalei bay



SEEDLINGS
ALOHA CAMP

Our licensed camp for children ages 5–12 years 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

KEIKI EVENING CAMP 💰
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.

‘OHANA ACTIVITY ROOM 🌿
Daily, 8am–8pm
Please see Reception for access key.

WELLNESS

BAMFORD WELLNESS SPA
Daily, 9am–6pm

VITALITY Kāua‘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–Wednesday
Bar | 10am–6pm
All Day Dining | 11am–5pm

Thursday–Monday
Bar | 10am–8pm
All Day Dining | 11am–5pm
Dinner | 5:30pm–8pm

NEIGHBORS
5:30am–3pm

WAI‘OLI
10am–5pm

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.

SUNDAY

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

KŪPONO E-BIKE TOUR 💰
Kāua‘i trails, wildlife and living stories.
Porte Cochère, 8am–10am

YIN YOGA
Quiet the mind, relax the body, and reset.
Ulu, 9am–9:50am

‘OHANA LEI MAKING
Discover the art of ti-leaf lei making.
Kaulu Hale, 9am–10am

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

1 BOX
Boxing fundamentals and bag training.
Anatomy, 10am–10:50am
*Unavailable 11/8

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

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 11am–11:50am

WAFF FLOW 💰
Stability, mobility, proprioception.
Ulu, 1pm–1:50pm

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

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

1 STRETCH
Mobility and body awareness.
Ulu, 4:30pm–5:20pm

FIRE RITUAL 🌿
Mesmerizing fireknife performance.
The Sandbox, 6:15pm

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
*Guests responsible for own transportation

RESTORATIVE YOGA
Therapeutic yoga for deep relaxation.
‘Ulu, 9am–9:50am

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

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

MOVEMENT AS MEDICINE 💰
Movement for vitality, balance, and wellbeing.
Ulu, 12pm–12:50pm

METABOLIC MELTDOWN
Plyometric training for max burn.
Anatomy, 11am–11:50am

1 TRAINING CAMP 💰
Unlock power, speed, and agility.
Anatomy, 3pm–3:50pm

HYBRIDX
Strength and endurance training for overall athleticism.
Ulu, 4:30pm–5:20pm

KEIKI EVENING CAMP 💰
A cozy indoor film experience for kids.
Seedlings Basecamp, 5pm–8pm
*Ages 5–12

TUESDAY

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

KŪPONO E-BIKE TOUR 💰
Kāua‘i trails, wildlife and living stories.
Porte Cochère, 8am–10am

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

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

YOGA SCULPT
High-intensity yoga and strength.
Ulu, 12pm–12:50pm

REFORMER CIRCUIT 💰
Fast-paced training for cardio and endurance.
Fitness Hale, 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+

PUA LEI MAKING
Create your own traditional flower lei.
Kaulu Hale, 3pm–3:50pm

MAT PILATES
Focused on control and flow.
Ulu, 3pm–3:50pm

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

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
Ulu, 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
*Guests responsible for own transportation

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

1 BEACH BODY
Cardio and strength training.
Meet at Anatomy, 9am–9:50am
*Beachside weather permitting.

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

KETTLEBELL FLOW
Full-body HIIT workout.
Anatomy, 11am–11:50am

YIN YOGA
Quiet the mind, relax the body, and reset.
Ulu, 12pm–12:50pm

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

1 TRAINING CAMP 💰
Unlock power, speed, and agility.
Anatomy, 3pm–3:50pm

1 STRETCH
Mobility and body awareness.
Ulu, 4:30pm–5:20pm

PAINT AND SIP 🟡💰
Watercolor and wine workshop.
Kaulu Hale, 4pm–6pm
*Unavailable 10/8

1 RESET 💰
Binaural weightless meditation.
Ulu, 4:30pm–5:20pm

KEIKI EVENING CAMP 💰
A cozy indoor film experience for kids.
Seedlings Basecamp, 5pm–8pm
*Ages 5–12

THURSDAY

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

KŪPONO E-BIKE TOUR 💰
Kāua‘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.

STRESS MANAGEMENT MEDITATION
Guided meditation for calm and focus.
Ulu, 9am–9:50am

HYBRIDX
Strength and endurance training for overall athleticism.
Ulu, 9am–9:50am
*Unavailable 11/5

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

YOGA SCULPT
High-intensity yoga and strength.
Ulu, 11am–11:50am

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 1pm–1:50pm
*Unavailable 11/5

KETTLEBELL FLOW
Full-body HIIT workout.
Anatomy, 3pm–3:50pm

DARK SKY TALK STORY SERIES
Every fall, young Newell’s Shearwaters take flight. Learn how simple changes can help protect their journey to sea.
Neighbors, 3pm–4pm
*Available 11/5 & 11/12

PAINT AND SIP 🟡💰
Watercolor and wine workshop.
Kaulu Hale, 4pm–6pm
*Unavailable 10/8

1 RESET 💰
Binaural weightless meditation.
Ulu, 4:30pm–5:20pm

KEIKI EVENING CAMP 💰
A cozy indoor film experience for kids.
Seedlings Basecamp, 5pm–8pm
*Ages 5–12

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
*Guests responsible for own transportation

YIN YOGA
Quiet the mind, relax the body, and reset.
Ulu, 9am–9:50am

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

1 BOX
Boxing fundamentals and bag training.
Anatomy, 10am–10:50am

GYM JUMPSTART
Beginner full-body strength circuit.
Anatomy, 11am–11:50am

REFORMER COLLECTIVE 💰
Personalized Pilates reformer session.
Fitness Hale, 11am–11:50am

WAFF FLOW
Stability, mobility, proprioception.
Ulu, 1pm–1:50pm

SEEDLINGS ALOHA HOUR 💰
Discover the Seedlings experience.
Seedlings Basecamp, 1pm–2pm

SCULPT PILATES
Pilates with purposeful props and mindful movement.
Ulu, 3pm–3:50pm

MYOFASCIAL RELEASE
Relax muscles and boost circulation.
Ulu, 4:30pm–5:20pm

FIRE RITUAL 🌿
Mesmerizing fireknife performance.
The Sandbox, 6:15pm

SATURDAY

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

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

YOGA SCULPT
High-intensity yoga and strength.
Ulu, 9am–9:50am

REFORMER COLLECTIVE 💰
Personalized Pilates reformer session.
Fitness Hale, 11am–11:50am

KETTLEBELL FLOW
Full-body HIIT workout.
Anatomy, 11am–11:50am

MOVEMENT AS MEDICINE 💰
Movement for vitality, balance, and wellbeing.
Ulu, 12pm–12:50pm

METABOLIC MELTDOWN
Plyometric training for max burn.
Anatomy, 1pm–1:50pm

REFORMER CIRCUIT 💰
Fast-paced training for cardio and endurance.
Fitness Hale, 3pm–3:50pm

BACKGAMMON SOCIAL 🟡
Roll, play & connect during a relaxed evening of backgammon and friendly competition. All levels welcome.
Neighbors, 4pm–5:30pm

1 RESET 💰
Binaural weightless meditation.
Ulu, 4:30pm–5:20pm

FIRE RITUAL 🌿
Mesmerizing fireknife performance.
The Sandbox, 6:15pm

IN SEASON

Connect more deeply with the island through experiences that celebrate its people, culture, and natural rhythms. From meaningful conversations and gatherings around the table to encounters with local makers and stewards of the land, each experience offers an opportunity to discover the stories that make Kāua‘i so extraordinary.

DARK SKY TALK STORY SERIES

As young Newell’s shearwaters take their first journey to the ocean each fall, reducing light pollution helps keep their natural flight path guided by the moon.
Neighbors, Thursdays, 3pm–4pm
*Aailable 11/5 & 11/12

SUNDAY ARTISAN MARKET

Discover Kāua‘i’s vibrant maker community each Sunday, where local artisans, handcrafted goods, and island stories come together in a celebration of creativity and connection.
Lobby, Sundays, 9am–2pm

ROOTED IN PLACE:

A HARVEST DINNER

Gather for an intimate five-course, wine-paired dinner inspired by the seasonal abundance of Waipā Foundation, celebrating Kāua‘i’s vibrant ingredients, local growers, and connection to the land.
1 Kitchen, November 18, 6:30pm

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
Hanalei, Weekly



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!



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 🌿