

## audi excursions

**DRIVE SUSTAINABLY  
FORWARD WITH THE OFFICIAL  
VEHICLE OF 1 HOTELS**

### TEST DRIVE

During your stay, explore the natural beauty of Kauaʻi 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 ʻāina (natural resources). Learn more [waipafoundation.org/food-and-farm-tours](http://waipafoundation.org/food-and-farm-tours)

### HAWAIʻI LAND TRUST COASTAL RESTORATION PROJECT

First Sunday of the Month or by appointment, Kahili Preserve. Learn more [hilt.org/volunteer](http://hilt.org/volunteer)

### SURFRIDER KAUAʻI NET PATROL AND BEACH CLEANUPS

Days and locations vary  
Learn more [kauai.surfrider.org/events](http://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](http://kauaihumane.org/service/field-trips) to reserve your date.

### WE CARE KAUAʻI

Select from wildlife protection programs, coastal cleanups, trail and fishpond restorations, and taro patch remediation. Learn more via [WeCareKauai.org](http://WeCareKauai.org)

### PLEDGE FOR OUR KEIKI

Sign the pledge, a commitment to respect, care, and protect Hawaiʻi. Browse our initiatives on [KanuHawaii.org](http://KanuHawaii.org)

### MARINE DEBRIS CLEAN-UP

Leave things better than you found them as you explore Kauaʻi'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

## huakaʻi adventures 📍

### OCEAN EXPERIENCES

### STAND UP PADDLE BOARDS BODYBOARDS SNORKELING RIVER KAYAKING OUTRIGGER CANOE TOURS

*Visit Beach Activities Hale,  
Puʻu 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](mailto:1hk@coralphotography.com) to  
book your session.

## kauaʻi's premier activites 📍

### HELICOPTER TOURS

Experienced pilots unveil Kauaʻi's hidden wonders on this awe-inspiring aerial adventure.

### LŪʻAU

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 Kauaʻi'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 Kauaʻi'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 Kauaʻi'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 Kauaʻi'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 Kauaʻi'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

## october 2025

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY



# october 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 5-12 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 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-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  
Music | Nightly, 6pm-9pm

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

Monday  
Bar | 10am-8pm  
Restaurant | 11:30am-8pm  
Music | 6pm-8pm

**NEIGHBORS CAFE**  
6am-4pm


**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

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

**‘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, 3pm-3:50pm

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

## 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

**1 BEACH**  
Beachside movement session featuring the Albizia Gym.  
Meet at Anatomy, 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

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
Anatomy, 3pm-3:50pm


**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 5pm-5:50pm

## 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

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


**‘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

**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-11:50pm

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

**HOT PILATES**  
Heated mat-based class focused on control and flow.  
Hala, 3pm-3:50pm

**THE PERFECT MAI TAI**   
Master the mixology secrets behind this tropical cocktail.  
1 Kitchen, 3pm-4pm, Age 21+

**RESTORATIVE PILATES**  
Strengthen, tone, refresh, and rejuvenate body and mind.  
Hala, 5pm-5:50pm

## 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

**GLUTE CAMP**  
Lower body workout for strength and definition.  
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 10/1 & 10/15


**‘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

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 3pm-3:50pm

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


**TEQUILA + MEZCAL TASTING**   
Sample collections curated by our resident tequila expert.  
Welina Terrace, 3pm-4pm, Age 21+

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

## thursday


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

**HOT PILATES**  
Heated mat-based class focused on control and flow.  
Hala, 9am-9:50pm

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

**FOOD AS MEDICINE**  
Unlock your body’s anti-inflammatory power with simple, food-based strategies and recipes from our onsite wellness expert.  
Kaulu Hale, 11am-11:50pm

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

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

**GLUTE CAMP**  
Lower body workout for strength and definition.  
Hala, 3pm-3:50pm

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

**RESTORATIVE PILATES**  
Strengthen, tone, refresh, and rejuvenate body and mind.  
Hala, 5pm-5:50pm


## friday

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


**RETREAT: VISION FOR HAPPINESS**   
Reset and realign with a 3-hour journey of intention, breathwork, movement, and a transformative sound bath- opening space to envision and manifest your best self.  
Kolea, 8:30am-11:30am

**CORAL REEF TALK**   
Brief intro to caring for our reef and sea creatures.  
Beach Activities Hale, 8:30am-9am

**1 BEACH**  
Beachside movement session featuring the Albizia Gym.  
Meet at Anatomy, 8:30am-9:20am

**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


**KEIKI GHOSTLY QUEST**   
Enjoy a friendly Halloween hunt with eco-friendly finds at every stop.  
Meet at Concierge Desk, 9am-6pm  
\*Available 10/31

**SPOOKY SMILES**   
Keiki face painting transformed with autumn enchantment.  
Sandbox, 12pm-2pm  
\*Available 10/31

**MAT PILATES**  
Mat-based Pilates class concentrated on control and flow.  
Hala, 1pm-1:50pm

**THE WOVEN COCONUT**   
Experience the craft of coconut frond weaving and take home a handwoven keepsake.  
Sandbox, 1pm-4pm  
\*Unavailable 10/3


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

**SEMI-PRIVATE REFORMER**   
Personalized Pilates Cadillac session focused on strength & alignment.  
Hala, 3pm-3:50pm

**SOUND LOUNGE**  
An immersive audio experience designed to reduce stress, support clarity, and reset the nervous system.  
Hala, 5pm-5:50pm

## 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

**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


**GLUTE CAMP**  
Lower body workout for strength and definition.  
Hala, 3pm-3:50pm

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 5pm-5:50pm



**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 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.

**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.

**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.