

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

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

SURFRIDER KAUAʻI
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 KAUAʻI
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 Hawaiʻi. Browse our initiatives on 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 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 4-12 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
Music | Nightly, 6pm-9pm

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

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

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

‘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, 3pm-3:50pm

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

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!



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

HOT YOGA
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

GYM JUMP START
Beginner-friendly gym circuit for a full-body strength workout.
Anatomy, 1pm-1:50pm

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
*10/30 offered at 11:30am

FOOD AS MEDICINE
Discover your body’s natural anti-inflammatory power with personalized insights and rituals to restore balance and renewal.
Kaulu Hale, 11am-11:50pm
*Unavailable 10/2

SEMI-PRIVATE REFORMER 
Personalized Pilates Cadillac session focused on strength & alignment.
Hala, 1pm-1:50pm
*Unavailable 10/30

SHEARWATER TALK STORY 
Each fall, young seabirds take flight to sea. Through December 15, we dim our lights to help guide and protect them. Learn more with our partner, We Care Kaua’i.
Welina Terrace, 1pm-2pm
*Available 10/9 & 10/23

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

MYOFASCIAL RELEASE
Ease pain, relax muscles, and boost circulation.
Hala, 4:30pm-5:20pm
*Available 10/30

RESTORATIVE PILATES
Strengthen, tone, refresh, and rejuvenate body and mind.
Hala, 5pm-5:50pm
*Unavailable 10/30

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 breathwork, movement, and a transformative sound bath-opening space to envision and manifest your best self.
Kolea, 8:30am-11:30am
*Unavailable 10/3

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

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
*Unavailable 10/31

‘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
*Unavailable 10/30 & 10/31

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

STRESS MANAGEMENT MEDITATION
An immersive audio experience designed to reduce stress, support clarity, and reset the nervous system.
Hala, 5pm-5:50pm
*Unavailable 10/31

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.