

wellness month

ENHANCE YOUR WELLBEING

Book a same-day massage and facial, and receive a complimentary 30-minute touchless therapy session. Visit Bamford Wellness Spa or call 808.977.1230

ATHLETIC GREENS

AG1 aims to bring daily nutrition to everyone by empowering people to take ownership of their health. Try a sample packet at one of our mind & movement classes.

huaka'i adventures

GUIDED & SELF-GUIDED EXPERIENCES

PADDLE BOARDS & BODYBOARDS
SURF LESSONS
SNORKELING
RIVER KAYAKING
OUTRIGGER PADDLE CANOE TOURS

By Appointment, Honoiki Beach
*Excursions are weather and surf permitting

CRUISER BIKES
Reserve online or visit concierge
Daily, 9am-4pm

golf & tennis club

DRIVING RANGE

Makai Golf Course
Daily, 7am-4pm

18 or 9 HOLES AT PRINCEVILLE MAKAI

Daily tee times 8:05am-3:25pm

SUNSET TOUR

Monday-Friday,
Sunset time varies

PICKLEBALL

Drop-ins Mon, Wed, 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, by reservation

audi excursions

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

The fully electric Audi e-tron is available daily to explore the natural beauty of Kaua'i through our Audi Excursions.

By Appointment, Reserve with Concierge

EXCURSIONS

Limahuli Garden & Preserve
Anaina Hou Community Park
Lydgate Farms Chocolate Tour.
By Appointment, Reserve with Concierge

HOUSE CAR

Wednesday-Sunday, 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.

WE CARE KAUA'I

Select from wildlife protection programs, coastal cleanups, trail and fish pond restorations, and taro patch remediation. Learn more via WeCareKauai.org

SURFRIDER KAUA'I NET PATROL AND BEACH CLEANUPS

Days and Locations Vary

Learn more <https://kauai.surfrider.org/events>
For details call 808.635.2593

FIELD TRIP WITH SHELTER DOGS

Daily, By Appointment

Share the love with pups who need it most. Visit kauaihumane.org/service/field-trips to reserve your date.

PLEDGE FOR OUR KEIKI

Sign the pledge, a commitment to respect, care, and protect Hawai'i. Browse our initiatives on KanuHawaii.org

4 OCEAN SELF-GUIDED MARINE DEBRIS CLEAN-UP

Leave things better than you found it as you explore Kaua'i's beautiful beaches. Ocean bags for marine debris pick-up available at Porte Cochère.

For activity reservations, visit concierge or call 1-808.826.9644.

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

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.

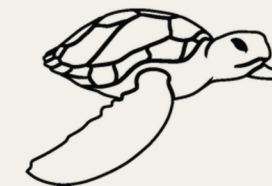


1

HOTEL
hanalei bay

guiding your stay

august 2024



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

august calendar • 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

This camp is a hub of imagination and discovery, creating an environment where kids can simply be kids.

Tuesday-Saturday | 10am-1pm

*Unavailable 8/30 and 8/31



RESERVATIONS REQUIRED
FOR AGES 6-12

aloha hours

Thursdays
2:30pm-4pm

*Children must be accompanied by a guardian.

ahiahi evenings

NAPO'O ANA O KA LĀ
SUNSET HULA

Welina Terrace,
Sunset time varies

KAUA'I'S MUSIC SCENE

The Sandbox
Saturday - Monday,
5:30pm-8pm

Welina Terrace
Thursday-Saturday,
6pm-9pm

BONFIRE UNDER THE
STARS

Private beachfront bonfire under the Kaua'i stars. Honoiki Beach, Daily. Sunset time varies; call Hanalei Beach Activities at 808-977-1167

lāpule sunday

SUNRISE VINYASA

Beachside asanas linked with the breath. Meet at Anatomy, 6:55am-7:50am

MYOFASCIAL RELEASE

Foam roller techniques to ease pain, relax muscles, and boost circulation. Hala, 8:30am-9:20am

PARTNER WELLNESS: COUPLES
MASSAGE WORKSHOP

Build new practices guided by expert massage therapists. Hala, 1:45pm-2:45pm

METABOLIC MELTDOWN

Plyometric training for maximum calorie burn. Hala, 3:30pm-4:20pm

SEEDLINGS

'OHANA MOVES

Get the whole family moving and grooving with a fun-filled workout. Hala, 11:30am-12:20pm, Age 5+

'ohana activity room

Indoor fun with games and activities. Visit concierge for details 10th Floor Daily, 9am-5pm

private offerings

Daily, By Appointment
Personalized consultations and guided trainings with a Body Architect. Stop by Anatomy or email our team at anatomy.hanalei@1hotels.com to book your session.



pō'akahi monday

SUNRISE VINYASA

Beachside asanas linked with the breath. Meet at Anatomy, 6:55am-7:50am

1 BEACH

Beachside movement session featuring the Albizia Gym. Meet at Anatomy, 8:25am-9:20am

HULA, HAWAIIAN DANCE

Embody the island's cultural dance. Kaula Hale, 8:30am-9:30am

GUIDED HIKE BEGINNER

Follow footsteps of a local expert. Porte Cochère, 9am-12pm

LAU HALA
BRACELET WEAVING

Learn a new craft & the cultural tradition behind it. Kaula Hale, 10am-11am, Age 8+

GLUTE CAMP

Leg workout for strength and definition. Hala, 11:30am-12:20pm

THE PERFECT MAI TAI

Master the mixology secrets behind this drink. 1 Kitchen, 3pm-4pm, Age 21+

1 SPIN

A high-energy ride to invigorate both body and mind. Hala, 3:30pm-4:20pm

YIN YOGA

Guided restorative yoga for holistic reset. Hala, 5pm-5:50pm

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!

RESERVATIONS REQUIRED
PLEASE SCAN QR CODE TO RESERVE

pō'alua tuesday

SUNRISE SLOW FLOW

Beachside transitional asanas. Meet at Anatomy, 6:55am-7:50am

1 SPIN

A high-energy ride to invigorate both body and mind. Hala, 8:30am-9:20am

COFFEE CURIOSITIES

A chat on the history of mastering the perfect cup of coffee. Welina Terrace, 10am-11am *Unavailable 8/6

MYOFASCIAL RELEASE

Foam roller techniques to ease pain, relax muscles, and boost circulation. Hala, 11:30am-12:20pm

METABOLIC MELTDOWN

Plyometric training for maximum calorie burn. Hala, 3:30pm-4:20pm

KAUA'I TALK STORY

Ocean and wetland birds with Friends of Kaua'i Wildlife Refugees. Neighbors, 4:15pm-5:15pm *Available 8/13

SEEDLINGS

'OHANA MARINE LIFE MAGIC

An engaging and wondrous walk through our local tidepools. Seedlings Basecamp, 8:30am-9:30am

'OHANA DESIGNED BY NATURE

A variety of crafts inspired by the ocean, mountains, and Kaua'i's natural beauty. Kaula Hale, 2:30pm-3:30pm

pō'akolu wednesday

SUNRISE VINYASA

Beachside asanas linked with the breath. Meet at Anatomy, 6:55am-7:50am

GUIDED HIKE BEGINNER

Follow the footsteps of a local expert. Porte Cochère, 9am-12pm

BILL HAMILTON POINT
OF VIEW

Talk story and epic surf tales with a surf legend. Neighbors, 10am-11am *Available 8/7 and 8/21

SOUL SWEAT

Heated conscious bootcamp-style workout. Hala, 11:30am-12:20pm

TEQUILA + MEZCAL TASTING

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

1 SPIN

A high-energy ride to invigorate both body and mind. Hala, 3:30pm-4:20pm *Unavailable 8/28

1 RESET

Sink into a cloud cushion while syncing to binaural beats. Hala, 5pm-6pm *Unavailable 8/28

SEEDLINGS

'OHANA NATURE WALK

Stroll amidst lush foliage and gentle ocean breezes. Seedlings Basecamp, 8:30am-9:30am

'OHANA LEI MAKING

Learn a new craft and the cultural tradition behind it. Kaula Hale, 2:30pm-3:30pm

pō'ahā thursday

SUNRISE ZEN

Beachside stretches and breathwork. Meet at Anatomy, 6:55am-7:50am

PIKAI CULTURAL RITUAL

Hawaiian ceremony for spiritual strength overlooking Hanalei Bay. Pu'u Poa (Ft. Alexander), 8:30am-9am *Available 8/15 and 8/22

1 BOX

Intense cardio boxing workout. Anatomy, 8:30am-9:20am *Unavailable 8/29

KAUA'I TALK STORY

Fascinating history of Mount Wai'ale'ale with Kahu Jade. Neighbors, 1:00pm-1:45pm *Available 8/15 and 8/22

HOT PILATES

Heat mat-based class concentrated on control and flow. Hala, 3:30pm-4:20pm

PAINT AND SIP

Watercolor workshop paired with wine. Kaula Hale, 4pm-6pm

HAPPY HOUR SUNSET
GOLF CART TOUR

Soak in the sunset and toast the spectacular views of the 18-hole Princeville Makai course. 5pm

SACRED SOUND SANCTUARY

Renew your spirit through sound, breath, and meditation. Hala, 5pm-6pm *Unavailable 8/29

SEEDLINGS

'OHANA MOVES

Get the whole family moving and grooving with a fun-filled workout. Hala, 11:30am-12:20pm, Age 5+

pō'alima friday

SUNRISE ZEN

Beachside stretches and breathwork. Meet at Anatomy, 6:55am-7:50am *Unavailable 8/30

PIKAI CULTURAL RITUAL

Hawaiian ceremony for spiritual strength overlooking Hanalei Bay. Pu'u Poa (Ft. Alexander), 8:30am-9am *Available 8/9

KETTLEBELL FLOW

High intensity ballistic muscle workout. Anatomy, 8:30am-9:20am *Unavailable 8/30

GUIDED HIKE BEGINNER

Follow footsteps of a local expert. Porte Cochère, 9am-12pm

GLUTE CAMP

Leg workout for strength and definition. Hala, 11:30am-12:20pm

KAUA'I TALK STORY

Entertaining origins of Aloha Friday with Kahu Jade. Neighbors, 1:00pm-1:45pm *Available 8/9

ROOTED IN NATURE
MEDITATION JOURNEY

Let your senses come alive in this deeply restorative and calming immersive experience. Meet at Anatomy, 4:55pm-6pm

SEEDLINGS

'OHANA NATURE WALK

Stroll amidst lush foliage and gentle ocean breezes. Seedlings Basecamp, 8:30am-9:30am *Unavailable 8/30

'OHANA LEI MAKING

Learn a new craft and the cultural tradition behind it. Kaula Hale, 2:30pm-3:30pm *Unavailable 8/30

pō'aono saturday

SUNRISE PILATES

Beachside mat class. Meet at Anatomy, 6:55am-7:50am

1 BEACH

Beachside movement session featuring the Albizia Gym. Meet at Anatomy, 8:25am-9:20am

SOUL SWEAT

Heated conscious bootcamp-style workout. Hala, 11:30am-12:20pm

1 BOX

Intense cardio boxing workout. Anatomy, 3:30pm-4:20pm *Unavailable 8/31

1 RESET

Sink into a cloud cushion while syncing to binaural beats. Hala, 5pm-6pm *Unavailable 8/31

SEEDLINGS

'OHANA MARINE LIFE MAGIC

An engaging and wondrous walk through our local tidepools. Seedlings Basecamp, 8:30am-9:30am *Unavailable 8/31

'OHANA DESIGNED BY NATURE

A variety of crafts inspired by the ocean, mountains, and Kaua'i's natural beauty. Kaula Hale, 2:30pm-3:30pm *Unavailable 8/31

ALL AGES

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

TEEN-FRIENDLY

ADDITIONAL FEE AND
NO-SHOW FEE APPLIES

A full no-show fee per person applies if not canceled at least 24 hours before the start of the event.