

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

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**

WAIPĀ FOUNDATION FOOD & FARM TOURS 🏠

Tues, Weds & Thurs
In-depth experience of the Hawaiian cultural relationship between people, food, and ʻāina (natural resources). Topics vary. Learn more at waipafoundation.org

SURFRIDER KAUA'I NET PATROL AND BEACH CLEANUPS

Days and locations vary
Learn more kauai.surfrider.org
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

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

4OCEAN SELF-GUIDED MARINE DEBRIS CLEAN-UP

Leave things better than you found them as you explore Kaua'i'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

huaka'i adventures 🏠

GUIDED & SELF-GUIDED 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 BIKES

*Daily, 9am-4pm, first-come
first-served basis
Valet Desk, Port Cochère*

golf & tennis club

DRIVING RANGE 🏠

*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, 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 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

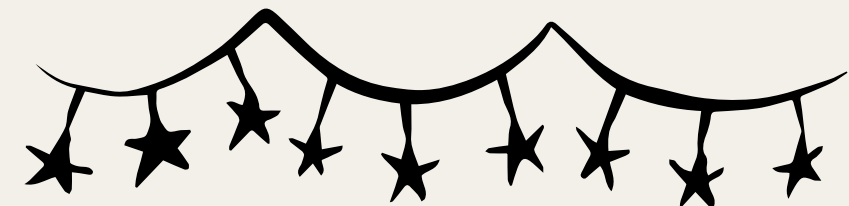
Experience an oasis of biodiversity as you wander through lush gardens at one of Kaua'i's stunning botanical gardens.

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



december 1st - 21st, 2024

1HOTELS.COM/HANALEI-BAY

[@1HOTEL.HANALEIBAY](https://www.instagram.com/1HOTEL.HANALEIBAY)

december 2024 • 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.

special events

CHEFS BY NATURE
A collaboration between Chef Lee Anne Wong and our culinary team for a special series celebrating our local farmers, ranchers and growers. Visit concierge for details. Times vary.

Paired by Nature: Dec 13
Signature Dinner: Dec 14
Dumplings Master Class: Dec 15

evenings

KAUAI'S MUSIC SCENE
The Sandbox
Monday, 5pm-8pm

Welina Terrace
Thursday-Saturday,
5pm-8pm

BONFIRE UNDER THE STARS

Private beachfront bonfire under the Kaua'i stars. Honoiki Beach, by reservation. Sunset time varies; call Beach Activities Hale at 808.977.1167

private offerings

Daily, by appointment
Personalized fitness consultations and guided trainings with a Body Architect.

- Advanced Metabolic & Body Analysis
- Strength Training
- Boxing
- Myofascial Release
- Pilates
- Pre & Post Natal Yoga

Visit Anatomy or email anatomy.hanalei@1hotels.com to book your session.

sunday

SUNRISE FLOW
Smooth, flowing morning asanas. 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

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn. Anatomy, 11:30am-12:20pm

SOUL SWEAT
Heated conscious bootcamp-style workout. Hala, 3:30pm-4:20pm

SACRED SOUND SANCTUARY
Renew your spirit through sound, breath, and meditation. Hala, 5pm-5:50pm
*Unavailable 12/22 & 12/29

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.

Seedlings Basecamp
Tuesday & Thursday, 10am-1pm
*Unavailable on 12/5
*Available on 12/6



RESERVATIONS REQUIRED FOR AGES 6-12

'ohana activity room

Indoor fun with games and activities. Visit concierge for details.

10th Floor
Daily, 9am-5pm

monday

SUNRISE FLOW
Smooth, flowing morning asanas. 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

1 BOX
Intense cardio boxing workout. Meet at Anatomy, 8:30am-9:20am

GUIDED HIKE BEGINNER
Follow the footsteps of a local expert. Porte Cochère, 8:45am-12pm

HULA, HAWAIIAN DANCE
Embody the island's cultural dance. Kaulu Hale, 9am-10am
*Unavailable 12/9 & 12/23

LAU HALA BRACELET WEAVING
Traditional weaving of Pandanus leaves into wearable art. Kaulu Hale, 10:30am-11:30am
*Unavailable 12/9 & 12/23

HOT PILATES
Heated mat-based class concentrated on control and flow. Hala, 11:30am-12:20pm

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

GLUTE CAMP
Leg workout for strength and definition. Hala, 3:30pm-4:20pm

KAUAI SEABIRDS & SHEARWATER SEASON TALK STORY
Explore the world's most isolated archipelago and its native species with We Care Kaua'i. Neighbors, 4pm-5pm
*Available 12/2 & 12/9

SEEDLINGS 'OHANA MOVES
Get the whole family moving and grooving with a fun-filled workout. Hala, 1pm-1:50pm, Age 5+

tuesday

SUNRISE FLOW
Smooth, flowing morning asanas. Meet at Anatomy, 6:55am-7:50am

SOUL SWEAT
Heated conscious bootcamp-style workout. Hala, 8:30am-9:20am

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn. Anatomy, 11:30am-12:20pm

MYOFASCIAL RELEASE
Foam roller techniques to ease pain, relax muscles, and boost circulation. Hala, 3:30pm-4:20pm

HAPPY HOUR GOLF CART TOUR
Beautiful views, stories of the land and ocean, and stunning sunset location at final stop. Princeville Makai Course, 4:15pm-Sunset

SEEDLINGS 'OHANA MARINE LIFE MAGIC
An engaging and wondrous walk through our local tidepools. Seedlings Basecamp, 8:30am-9:30am
*Unavailable on 12/3

'OHANA LEI MAKING
Learn a new craft and the cultural tradition behind it. Kaulu Hale, 2:30pm-3:30pm
*Unavailable on 12/3

SOUL SWEAT
Heated conscious bootcamp-style workout. Hala, 3:30pm-4:20pm

1 RESET
Sink into a cloud cushion while syncing to binaural beats. 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!

wednesday

SUNRISE FLOW
Smooth, flowing morning asanas. 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

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

GUIDED HIKE BEGINNER
Follow the footsteps of a local expert. Porte Cochère, 8:45am-12pm

BILL HAMILTON POINT OF VIEW
Talk story and epic surf tales with a surf legend. Neighbors, 10am-11am
*Available 12/4 & 12/18

1 BOX
Intense cardio boxing workout. Meet at Anatomy, 11:30am-12:20pm

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

SOUL SWEAT
Heated conscious bootcamp-style workout. Hala, 3:30pm-4:20pm

1 RESET
Sink into a cloud cushion while syncing to binaural beats. Hala, 5pm-5:50pm

thursday

SUNRISE FLOW
Smooth, flowing morning asanas. Meet at Anatomy, 6:55am-7:50am

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

TI-LEAF LEI MAKING
Hand craft this Hawaiian expression of aloha. Kaulu Hale, 9am-10am
*Available 12/12 & 12/26

COFFEE CURIOSITIES
A chat on the history of mastering the perfect cup of coffee. Welina Terrace, 10am-11am

PŌHAKU PAINTING
Discover the history of Hawaiian petroglyphs by creating rock art. Kaulu Hale, 10:30am-11:30am
*Available 12/12 & 12/26

KETTLEBELL FLOW
High intensity ballistic muscle workout. Anatomy, 11:30am-12:20pm

GLUTE CAMP
Leg workout for strength and definition. Hala, 3:30pm-4:20pm

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

HOT PILATES
Heated mat-based class concentrated on control and flow. Hala, 5pm-5:50pm

SEEDLINGS 'OHANA NATURE WALK
Stroll amidst lush foliage and gentle ocean breezes. Seedlings Basecamp, 8:30am-9:30am
*Unavailable on 12/5

'OHANA MOVES
Get the whole family moving and grooving with a fun-filled workout. Hala, 1pm-1:50pm, Age 5+

ALOHA HOUR
Open play for children with their parent/guardian. No reservations required. Seedlings Basecamp, 2pm-3:30pm
*Unavailable on 12/5

friday

SUNRISE FLOW
Smooth, flowing morning asanas. 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

SOUL SWEAT
Heated conscious bootcamp-style workout. Hala, 8:30am-9:20am

GUIDED HIKE BEGINNER
Follow the footsteps of a local expert. Porte Cochere, 8:45am-12pm

HOT PILATES
Heated mat-based class concentrated on control and flow. Hala, 11:30am-12:30pm

METABOLIC MELTDOWN
Plyometric training for maximum calorie burn. Anatomy, 3:30pm-4:20pm

WINTER SOLSTICE WOMENS' CIRCLE + YOGA
Celebrate sisterhood and nature's seasonal rhythms. Hala, 5pm-6:20pm
*Available 12/20

SEEDLINGS 'OHANA NATURE WALK
Stroll amidst lush foliage and gentle ocean breezes. Seedlings Basecamp, 8:30am-9:30am
*Available on 12/6

'OHANA LEI MAKING
Learn a new craft and the cultural tradition behind it. Kaulu Hale, 2:30pm-3:30pm
*Available on 12/6

saturday

SUNRISE FLOW
Smooth, flowing morning asanas. Meet at Anatomy, 6:55am-7:50am

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

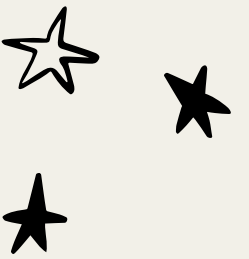
HOT YOGA
Heated flow, focused on smooth, effortless transitions. Hala, 11:30am-12:20pm

FESTIVE COOKIE DECORATING
Celebrate the holidays by decorating delicious cookies! Kolea, 2pm-4pm

MYOFASCIAL RELEASE
Foam roller techniques to ease pain, relax muscles, and boost circulation. Hala, 3:30pm-4:20pm

1 RESET
Sink into a cloud cushion while syncing to binaural beats. Hala, 5pm-5:50pm

SEEDLINGS 'OHANA MOVES
Get the whole family moving and grooving with a fun-filled workout. Hala, 1pm-1:50pm, Age 5+



ALL AGES
Designed with families in mind, all ages welcome unless otherwise noted. Children must be accompanied by a parent/guardian.

TEEN-FRIENDLY
Age 13+

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.

