

## 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 [waipafoundation.org/food-and-farm-tours](http://waipafoundation.org/food-and-farm-tours)

### SURFRIDER KAUA'I 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 KAUA'I

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 Hawai'i. Browse our initiatives on [KanuHawaii.org](http://KanuHawaii.org)

### 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 Cochere*

## 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

*march 2025*

1HOTELS.COM/HANALEI-BAY

@1HOTEL.HANALEIBAY



# march 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 6-12 years old is a hub of imagination and discovery, creating an environment where kids can simply be kids.

Seedlings Basecamp  
Mondays & Fridays, 10am-1pm



RESERVATIONS REQUIRED  
FOR AGES 6-12

## 'ohana classes

**'OHANA MARINE LIFE MAGIC** An engaging and wondrous walk through our local tidepools.  
Monday, 8:30am-9:30am  
Seedlings Basecamp

**'OHANA LEI MAKING** Learn a new craft and the cultural tradition behind it.  
Monday & Friday  
2:30pm-3:30pm  
Kaulu Hale  
\*Unavailable 3/3

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

**'OHANA NATURE WALK** Stroll amidst lush foliage and gentle ocean breezes.  
Friday, 8:30am-9:30am  
Seedlings Basecamp

## 'ohana activity room

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

10th Floor  
Daily, 9am-8pm

## sunday

**SUNRISE STRETCH**  
Awaken the body through gentle stretches.  
Hala, 6:55am-7:50am

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

**COCONUT HYDRATION STATION**  
Indulge in a freshly carved coconut, prepared live by a local practitioner.  
Sandbox Lawn, 10am  
Available 3/23

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

**HYPERBARIC OXYGEN THERAPY** Breathe in 100% pure oxygen to rejuvenate body and mind.  
Bamford Spa, 1pm-1:50pm

**SEMI-PRIVATE REFORMER** Personalized Pilates session focused on strength & alignment.  
Hala, 3:30pm-4:20pm

**YIN YOGA**  
Quiet the mind and relax the body for a complete physical, mental, and spiritual reset.  
Hala, 5pm-5:50pm  
\*Unavailable 3/23 & 3/30

**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.

## 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

**GUIDED HIKE BEGINNER** Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*\*Responsible for own transportation, Unavailable 3/24

**HULA, HAWAIIAN DANCE**  
Embody the island's cultural dance.  
Kaulu Hale, 9am-10am

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease pain, relax muscles, and boost circulation.  
Hala, 9:30am-10:20am

**LAU HALA BRACELET WEAVING** Traditional weaving of Pandanus leaves into wearable art.  
Kaulu Hale, 10:30am-11:30am  
\*Unavailable 3/10

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

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

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease pain, relax muscles, and boost circulation.  
Hala, 5pm-5:50pm

## evenings

**KAUA'I'S MUSIC SCENE** The Sandbox  
Monday, 5pm-8pm

Welina Terrace  
Thursday-Saturday, 5pm-8pm

## tuesday

**SUNRISE PILATES**  
A beachside mat-based class focused on six core principals of Pilates.  
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

**HYPERBARIC OXYGEN THERAPY** Breathe in 100% pure oxygen to rejuvenate body and mind.  
Bamford Spa, 1pm-1:50pm

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

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

**SEMI-PRIVATE REFORMER** Personalized Pilates session focused on strength & alignment.  
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

**VINYASA FLOW**  
Focused on smooth, effortless transitions between postures, or asanas, allowing the breath to connect to your movement.  
Hala, 8:30am-9:20am  
\*Unavailable 3/26

**GUIDED HIKE BEGINNER** Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

**BILL HAMILTON POINT OF VIEW**  
Talk story and epic surf tales with a surf legend.  
Neighbors, 10am-11am  
\*Available 3/19

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

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

**1 RESET** Sink into a cloud cushion while syncing to binaural beats.  
Hala, 3:30pm-4:20pm

## private offerings

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

Advanced Metabolic & Body Analysis, Strength Training, Boxing, Myofascial Release, Pilates, and Pre/Post Natal Yoga.

Visit Anatomy (8th floor) or email anatomy.hanalei@1hotels.com to book your session.

## 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

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

**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



**Touchless Therapies**  
Daily, by appointment  
Sensory stimulation therapies designed to nurture balance, harmony, and tranquility.

Sunlighten Infrared Sauna, Ocean Float Room, and Somadome Meditation Pod.

Visit Bamford Wellness Spa (9th floor) or email bamfordspa.hanalei@1hotels.com to book your session.

## friday

**SUNRISE STRETCH**  
Enhances flexibility, posture, and energy setting a positive tone for the day.  
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 MOBILITY** Stability, mobility, and proprioception training.  
Hala, 8:30am-9:20am

**COCONUT HYDRATION STATION**  
Indulge in a freshly carved coconut, prepared live by a local practitioner.  
Sandbox Lawn, 10am  
Available 3/28

**GUIDED HIKE BEGINNER** Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

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

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

**GRATITUDE & INTENTION YOGA**  
A blend of yoga poses, breathing techniques, and mantras to help you feel centered.  
Hala, 5pm-5:50pm  
\*Unavailable 3/28

## saturday

**SUNRISE PILATES**  
A beachside mat-based class focused on six core principals of Pilates.  
Meet at Anatomy, 6:55am-7:50am

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

**1 DANCE**  
Rhythmic, fun-filled moves to enhance your core and posture.  
Hala, 11:30am-12:20pm

**HYPERBARIC OXYGEN THERAPY** Breathe in 100% pure oxygen to rejuvenate body and mind.  
Bamford Spa, 1pm-1:50pm

**1 BOX**  
Intense cardio boxing workout.  
Meet at Anatomy, 3:30pm-4:20pm

**1 RESET** Sink into a cloud cushion while syncing to binaural beats.  
Hala, 5pm-5:50pm  
\*Unavailable 3/15



**Vitality Kaua'i**  
Daily, by appointment  
Comprehensive treatments focused on longevity and vitality that range from IV therapy to medical aesthetics.

Botox, Fillers, Injections, Microneedling, Chemical Peels, and Sculptra.

Visit Vitality Kaua'i (8th floor, inside Anatomy) or email info@vitalitykauai.com to book your session.