

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

SURFRIDER KAUA'I 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 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

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

UKULELE LESSONS

Strum, play and embrace Hawaiian melodies.
Kaulu Hale, 11:30am- 12:45pm,
Age 10+

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

TI-LEAF MAKING

Learn the intricate craft of ti-leaf lei-making and its meaning.
Kaulu Hale, 9:30am- 10:30am,
Age 10+

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

TI-LEAF MAKING

Learn the intricate craft of Ti-leaf lei-making and it's meaning.
Kaulu Hale, 11:30pm- 12:30pm
Age 10+

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

UKULELE LESSONS

Strum, play and embrace Hawaiian melodies.
Kaulu Hale, 10:30am- 11:45am
Age 10+

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

LAU HALA

Traditional weaving of Pandanus leaves into wearable art.
Kaulu Hale, 10:30am- 11:30am

1 DANCE

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

HYPERBARIC OXYGEN THERAPY

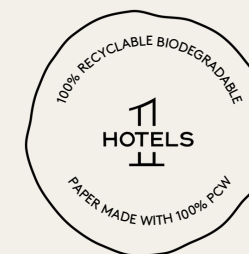
Breathe in 100% pure oxygen to rejuvenate body and mind.
Bamford Spa, 1pm-1:50pm

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.