

huaka'i adventures 🏝️

GUIDED & SELF-GUIDED EXPERIENCES

**STAND UP PADDLE BOARDS
BODYBOARDS
SURF LESSONS
SNORKELING
RIVER KAYAKING
OUTRIGGER 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, 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.*

For activity reservations, visit concierge or call 808.826.9644.

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.

WAIPĀ FOUNDATION FOOD & FARM TOURS 🏝️
Tues, Weds & Thurs
In-depth experience of the Hawaiian cultural relationship between people, food, and 'āina (natural resources). Topics vary.
Learn more <https://waipafoundation.org/food-and-farm-tours>

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.

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

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

kauda'i's premier activites 🏝️

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
september 2024

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



september 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.

SEEDLINGS aloha camp

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

Tuesday & Thursday, 10am-1pm



RESERVATIONS REQUIRED
FOR AGES 6-12

'ohana activity room

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

ahiahi evenings

KAUA'I'S MUSIC SCENE ☀️
Welina Terrace
Thursday-Saturday,
6pm-9pm

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

lāpule sunday

SUNRISE FLOW
Awaken with movement, breathwork, and meditation.
Meet at Anatomy, 6:55am-7:50am

1 BOX 🏊
Intense cardio boxing workout.
Anatomy, 9am-9:50am

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

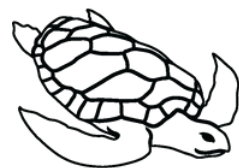
SACRED SOUND SANCTUARY 🌿
Renew your spirit through sound, breath, and meditation.
Hala, 4pm-5pm
*Unavailable 9/22

FALL EQUINOX SOUND & SERENITY 🌿
Find balance and harmony as you set intentions for a new season.
Hala, 4pm-5pm
*Available 9/22

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

private offerings

Daily, by appointment
Personalized fitness consultations and guided trainings with a Body Architect.
Stop by Anatomy or email
anatomy.hanalei@1hotels.com
to book your session.



pō'akahi monday

SUNRISE FLOW
Awaken with movement, breathwork, and meditation.
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

HULA, HAWAIIAN DANCE
Embody the island's cultural dance.
Kaulu Hale, 8:30am-9:30am
*Available 9/2, 9/16 & 9/30

GUIDED HIKE BEGINNER 🌟🌿
Follow footsteps of a local expert.
Porte Cochère, 9am-12pm

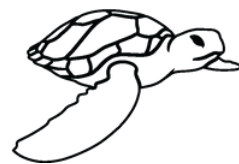
LAU HALA BRACELET WEAVING 🌿
Traditional weaving of Pandanus leaves into wearable art.
Kaulu Hale, 10am-11am, Age 8+
*Available 9/2, 9/16 & 9/30

1 SPIN 🏊
A high-energy ride to invigorate both body and mind.
Hala, 10am-10:50am

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

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

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



pō'alua tuesday

E ALĀ E
Greet the sun's first rays with a traditional Hawaiian oli.
Pu'u Poa (Ft. Alexander),
6am-6:30am
*Available 9/3 & 9/17

SUNRISE FLOW
Awaken with movement, breathwork, and meditation.
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 9/10 & 9/24

KETTLEBELL FLOW
High intensity ballistic muscle workout.
Anatomy, 9am-9:50am

KAUA'I TALK STORY
The Meaning of "Aloha"
Neighbors, 2pm-2:45pm
*Available 9/3 & 9/17

Mo'olelo and Why We "Talk Story"
Neighbors, 2pm-2:45pm
*Available 9/10 & 9/24

Cacao Tea Tasting & Tropical Plants
Neighbors, 4:15pm-5:15pm
*Available 9/24

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

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

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

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

pō'akolu wednesday

SUNRISE FLOW
Awaken with movement, breathwork, and meditation.
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

1 BOX 🏊
Intense cardio boxing workout.
Anatomy, 9am-9:50am

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 9/4 & 9/18

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+

MYOFASCIAL RELEASE
Foam roller techniques to ease pain, relax muscles, and boost circulation.
Hala, 3:30pm-4:20pm
*Available 9/11 & 9/18

pō'ahā thursday

SUNRISE FLOW
Awaken with movement, breathwork, and meditation.
Meet at Anatomy, 6:55am-7:50am
*Unavailable 9/19

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, Age 8+
*Available 9/12 & 9/19

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

PŌHAKU PAINTING
Create life story art on stones, inspired by Hawaiian petroglyphs.
Kaulu Hale, 10:30am-11:30am
*Available 9/12 & 9/19

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

PAINT AND SIP 🍷🌿
Watercolor workshop paired with wine.
Kaulu Hale, 4pm-6pm
*Available 9/19 & 9/26

HAPPY HOUR SUNSET GOLF CART TOUR 🏌️🌟
Soak in the spectacular views of the award-winning 18-hole course.
Princeville Makai Course, 5pm

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

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

'OHANA LEI MAKING 🌿
Learn a new craft and the cultural tradition behind it.
Kaulu Hale, 2:30pm-3:30pm
*Available 9/5 & 9/12

pō'alima friday

SUNRISE FLOW
Awaken with movement, breathwork, and meditation.
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

GUIDED HIKE BEGINNER 🌟🌿
Follow footsteps of a local expert.
Porte Cochère, 9am-12pm

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

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

ROOTED IN NATURE MEDITATION JOURNEY 🌿
Awaken your senses with this restorative, calming experience.
Meet at Anatomy, 4:55pm-6pm

pō'aono saturday

SUNRISE FLOW
Awaken with movement, breathwork, and meditation.
Meet at Anatomy, 6:55am-7:50am

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

1 SPIN 🏊
A high-energy ride to invigorate both body and mind.
Hala, 10am-10:50am

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

1 RESET 🌿
Sink into a cloud cushion while syncing to binaural beats.
Hala, 4pm-5pm
*Available 9/14 & 9/21



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**

ALL AGES 🌿
Designed with families in mind, all ages welcome unless otherwise noted. 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.