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 Lydaate 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.

$m\bar{a}lama \cdot give \ back$

GIVE BACK TO THE COMMUNITY THROUGH PASSION AND PURPOSE

WAIPA 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 waipafoundation.org/foodand-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 $\frac{9}{2}$

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.

kaua'i's premier activites 2

HELICOPTER TOURS

Experienced pilots unveil Kaua'i's hidden wonders on this awe-inspiring aerial adventure.

LŪ'AU

To reserve excursions

and activities,

visit concierge or call

808.826.9644

huaka'i

GUIDED &

BODYBOARDS

RIVER KAYAKING

SNORKELING

Honoiki Beach

CRUISER BIKES

served basis

golf &

adventures &

SELF-GUIDED EXPERIENCES

STAND UP PADDLE BOARDS

OUTRIGGER CANOE TOURS

Visit Beach Activities Hale,

*Excursions and rentals are

weather and surf permitting

Valet Desk, Port Cochere

tennis club

DRIVING RANGE

Makai Golf Course

9 or 18 HOLES AT

PRINCEVILLE MAKAI

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

Drop-ins Mon, Weds, Fri 9am

(all levels) or courts available

(beginners only), 3pm (all

levels); Tues & Thurs, 3pm

Daily, 8am-4pm, courts

photography

CORAL PHOTOGRAPHY

Stop by 4th floor or email

1hk@coralphotography.com to

Daily, By Appointment

book your session.

available by reservation

Daily, 8:30am-5pm,

Daily, 7am-4pm

SUNSET TOUR 🖁

Monday-Friday,

PICKLEBALL

by reservation

TENNIS

DISC GOLF

by reservation

Sunset time varies

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.

Daily, 9am-4pm, first-come first-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 plantbased dinner experience.

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.

SEEDLÍNGS 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.

Seedlinas 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 Ø

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 Ø 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

UKULELE LESSONS

Strum, play and embrace Hawiian melodies. Meet at Kaulu Hale 11:30am- 12:45pm

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

ALL AGES Ø

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

Meet at Anatomy, 6:55am-7:50am on six core principals of Pilates.

CORAL REEF TALK Ø Brief intro to caring for

Beach Activities Hale,

8:30am-9am

our reef and sea creatures. Hala, 8:30am-9:20am

GUIDED HIKE BEGINNER 🔶 🗣 Plyometric training for

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

HULA, HAWAIIAN DANCE

Embody the island's cultural dance. Kaulu Hale, 9am–10am *Unavailable 3/10

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



SUNRISE PILATES

Meet at Anatomy, 6:55am-7:50am

SOUL SWEAT Heated conscious bootcamp-style workout.

METABOLIC MELTDOWN

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 thursday

SUNRISE FLOW

Smooth, flowing morning asanas. A beachside mat-based class focused Smooth, flowing morning asanas. Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK Ø

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

TI-LEAF MAKING 🔶

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

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 leaend. 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.

Beachside movement session

featuring the Albizia Gym.

COFFEE CURIOSITIES 🖲

the perfect cup of coffee.

KETTLEBELL FLOW

muscle workout.

GLUTE CAMP

Leg workout for

strength and definition.

Hala, 3:30pm-4:20pm

PAINT AND SIP 🔶 🔮

Watercolor workshop

Kaulu Hale, 4pm-6pm

paired with wine.

High intensity ballistic

TI-LEAF MAKING 🔶

Welina Terrace, 10am-11am

Anatomy, 11:30am-12:20pm

lei-making and it's meaning.

Kaulu Hale, 12:30pm- 1:30pm

Learn the intricate craft of Ti-leaf

BE ACH

Touchless Therapies

Daily, by appointment

tranquility.

Smooth, flowing morning asanas.

A chat on the history of mastering

SUNRISE FLOW

1 BEACH

friday

SUNRISE STRETCH

Enhances flexibility, posture, Meet at Anatomy, 6:55am-7:50am and energy setting a positive tone for the day. Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK

Meet at Anatomy, 8:25am-9:20am 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

UKULELE LESSONS

Strum, play and embrace Hawaijan melodies Meet at Kaulu Hale 10:30am- 11:45am

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 3/7



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 **BRACELET WEAVING**

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

1 DANCE

Rythmic, 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



Sensory stimulation therapies designed to nurture balance, harmony, and

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

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

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.