

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
Anāina Hou Community Park
Lydgate Farms Chocolate Tour
By Appointment, Reserve with Concierge

HOUSE CAR

Daily, 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

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

1HOTELS.COM/HANALEI-BAY

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



april 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
Monday & Friday 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

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

'OHANA DESIGN BY NATURE 🌿
Crafts inspired by nature and the abundant natural beauty of the Hawaiian Islands.
Monday & Friday, 10:30am-11:30am
Seedlings Basecamp

'ohana activity room

Indoor fun with games and activities. Visit concierge for details.
10th Floor
Daily, 9am-8pm

*Located in Kaulu Hale 9am-6pm on 4/1-4/12 *Unavailable on Mondays and Thursdays in Kaulu Hale

sunday

SUNRISE FOCUS
Oceanside gentle blend of mindfulness, yoga Pilates and mobility. Meet at Anatomy, 6:55am-7:50am

MYOFASCIAL RELEASE
Foam roller techniques to ease pain, relax muscles, and boost circulation.
Hala, 9am-9:50am

BUBBLES & BEATS 🌿
Poolside party with refreshing drinks and vibrant beats.
Sandbox Lawn, 11am-3pm
No reservations required.
*Available 4/20

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

SEMI-PRIVATE REFORMER 🏋️
Personalized Pilates session focused on strength & alignment.
Hala, 3:30pm-4:20pm
*Unavailable 4/13

YIN YOGA
Quiet the mind and relax the body for a complete physical, mental, and spiritual reset.
Hala, 5pm-5:50pm

evenings

KAUA'I'S MUSIC SCENE ☀️
The Sandbox
Monday, 6pm-8pm

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.

EARTH MONTH CONSCIOUS 🌍

monday

SUNRISE FOCUS
Oceanside gentle blend of mindfulness, yoga Pilates and mobility. Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK 🌿🌍
Brief intro to caring for our reef and sea creatures.
Beach Activities Hale,
No reservations required.
8:30am-9am

HOT PILATES
Heated mat-based class concentrated on control and flow.
Hala, 9:30am-10:20am
*4/14 offered as Vinyasa Flow

GUIDED HIKE BEGINNER ☀️🏋️
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.
Meet at Kaulu Hale, 9am-10am

LAU HALA BRACELET WEAVING ☀️🌍
Traditional weaving of Pandanus leaves into wearable art.
Kaulu Hale, 10:30am-11:30am

SEMI-PRIVATE REFORMER 🏋️
Personalized Pilates session focused on strength & alignment.
Hala, 1pm-1:50pm
*Unavailable 4/14

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



tuesday

SUNRISE FOCUS
Oceanside gentle blend of mindfulness, yoga Pilates and mobility. Meet at Anatomy, 6:55am-7:50am

MAT PILATES
Mat-based Pilates class concentrated on control and flow.
Hala, 9:30am-10:20am

COCONUT HYDRATION 🌿🌍
Hydrate and sip from nature's original water bottle- a fresh young coconut!
Sandbox Lawn, 10am
No reservations required.
*Available 4/22

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

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, 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 FOCUS
Oceanside gentle blend of mindfulness, yoga Pilates and mobility. Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK 🌿🌍
Brief intro to caring for our reef and sea creatures.
Beach Activities Hale,
No reservations required.
8:30am-9am

VINYASA FLOW
Dynamic yoga flow linking breath to movement.
Hala, 9am-9:50am

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 4/2 & 4/16

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 11:30am-12:20pm

SEMI-PRIVATE REFORMER 🏋️
Personalized Pilates session focused on strength & alignment.
Hala, 1pm-1:50pm

1 DANCE
Latin dance and Pilates workout for a fun and fit experience.
Hala, 3:30pm-4:20pm

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, 5pm-5:50pm

thursday

SUNRISE FOCUS
Oceanside gentle blend of mindfulness, yoga Pilates and mobility. Meet at Anatomy, 6:55am-7:50am

1 BEACH
Beachside movement session featuring the Albizia Gym.
Meet at Anatomy, 9am-9:50am

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

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

1 SPIN PARTY
High-energy indoor bike workout class designed to revitalize both body and mind.
Hala, 5pm-5:50pm

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.

WELLNESS OFFERINGS 🏋️ Touchless Therapies

Daily, by appointment
Variety of 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.

Vitality Kaua'i

Daily, by appointment
Comprehensive treatments that include Botox, Fillers, Injections, Microneedling, Chemical Peels, and Sculptra to focus on longevity and vitality that range from IV therapy to medical aesthetics.
Visit Vitality Kaua'i (8th floor, inside Anatomy) or email info@vitalitykauai.com to book your session.

friday

SUNRISE FOCUS
Oceanside gentle blend of mindfulness, yoga Pilates and mobility. Meet at Anatomy, 6:55am-7:50am

CORAL REEF TALK 🌿🌍
Brief intro to caring for our reef and sea creatures.
Beach Activities Hale,
No reservations required.
8:30am-9am

1 MOBILITY 🏋️
Stability, mobility, and proprioception training.
Hala, 9am-9:50am

COCONUT HYDRATION 🌿🌍
Hydrate and sip from nature's original water bottle- a fresh young coconut!
Sandbox Lawn, 10am
No reservation required.
*Available 4/11

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

GYM JUMP START
Beginner-friendly gym circuit for a full-body strength workout.
Anatomy, 11:30am-12:20pm

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

GRATITUDE & INTENTION FLOW
A blend of yoga movement, breathing techniques, and mantras to help you feel centered.
Hala, 5pm-5:50pm

saturday

SUNRISE FOCUS
Oceanside gentle blend of mindfulness, yoga Pilates and mobility. Meet at Anatomy, 6:55am-7:50am

1 BEACH
Beachside movement session featuring the Albizia Gym.
Meet at Anatomy, 9am-9:50am

BUBBLES & BEATS 🌿
Poolside party with refreshing drinks and vibrant beats.
Sandbox Lawn, 11am-3pm
No reservations required.
*Available 4/12

NATURE MEDITATION 🌍
Experience tranquility with meditation, Hawaiian legends, and nature on the North Shore.
Rain or shine
Hala, 10:30am-11:20am

PUA-LEI MAKING 🌍
Craft your own island-inspired pua-lei. Kamani Cove, 11am-1pm
*Available 4/26

SEMI-PRIVATE REFORMER 🏋️
Personalized Pilates session focused on strength & alignment.
Hala, 1pm-1:50pm
*Unavailable 4/12

1 BOX
Boxing fundamentals and bag training for all levels.
Anatomy, 3:30pm-4:20pm

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