



HER Helmet Thursdays

🚲 HOTEL 🚲

EDUCATIONAL / ENTERTAINMENT

🚲 RESTAURANT 🚲

Discounts in Monterey County



An Ecology-Economy Partnership Project
to Encourage Bicycling
For Males and Females, Locals and Visitors

Discounts at over 200 **H-E-R** spots—

🚲 **H**otels, and other lodging

🚲 **E**ducational / **E**ntertainment and related spots, e.g., spas

🚲 **R**estaurants and related spots, e.g., [wineries](#)

HER also refers to Mother Earth, who benefits from more people biking!

For **H** spots, BYOB/bring your own bike, *or* show receipt for a one day or longer bike rental from any [Monterey County rental location](#).

Get a 10 to 50% discount on Thursday night [lodging](#).

For **E** and **R** spots, bike there on Thursday (*or* [bike-and-ride](#)), then show helmet as evidence.

Get a 10 to 50% discount on Thursday off your total tab (may exclude alcohol).

[Date restrictions](#) and [lodging details](#) at
www.BicyclingMonterey.com

Questions? [Mari Lynch, 831.375.6278](#)

Below are HER Helmet Thursdays spots as of 3 October 2013.

- Discounts are on Thursdays year-round, with some [date restrictions](#).
- Discounts apply from 12:00 a.m. to 11:59 p.m. (Make use of [night riding tips](#).)
- The bike-and-ride option makes it more practical to explore remote spots, or others that may not be along your usual biking route. To [bike-and-ride](#) and still get a discount, bike as far as your personal stamina and schedule allow.
- Get answers to other [frequently asked questions / FAQs](#).
- Searching by geographic area? The clickable [venues map](#) includes most spots.
- **Searching by city?** Here is the key to abbreviations used below. Participating spots are in Big Sur, Carmel (Crml) Carmel Valley (CV), Castroville (Cstrvl), Corral de Tierra (CDT), Del Rey Oaks (DRO), Gonzales (Gnzls), Greenfield (Grnfl), King City (KC), Marina, Monterey (Mtry), Moss Landing (Moss Lndg), Pacific Grove (PG), Salinas (Slns), San Ardo, Sand City (Snd Cty), Seaside (SE), Soledad (Sldad).
- For links to bike laws, safety tips, and local biking resources, along with more info about the HER Helmet Thursdays project, refer to the bottom of this Quick Reference Guide.

Thank you for biking in Monterey County!

400° Gourmet Burgers & Fries-10% 🚲 Corner of Mission & 7th, Crml, 831-244-0040

Abalonetti-10% 🚲 57 Fisherman's Wharf, Mtry, 831-373-1851

Allegro Gourmet Pizzeria-20% 🚲 3770 The Barnyard, Crml, 831-626-5454

Amir's Grill and Bar-15% (Alcohol excluded) 🚲 794 Lighthouse Ave, Mtry,
831-642-0231

Angelina's Pizzeria-10% (Alcohol excluded) 🚲 22736 Portola Dr, Slns, 831-484-1164

Aquablue Skin & Body Spa-10% 🚲 229 Main St, Slns, 831-422-2500

Artichoke Inn-10% 🚲 10341 Merritt St, Cstrvl, 831-633-3300

Austino's Patisserie-25% 🚲 851 Cannery Row, Mtry, 831-655-5015

Baan Thai-10% (Alcohol excluded) 🚲 1760 Fremont Blvd - # F1, SE, 831-394-2996

Bagel Bakery-10% 🚲 539 Carmel Rancho Blvd, Crml, 831-625-5180

Bahama Island Steakhouse-15% 🚲 3690 The Barnyard, Crml, 831-626-0430

Bakery Station-15% 🚲 202 Monterey St, Slns, 831-783.1140

Bay View Deli & BBQ-10% 🚲 32 Cannery Row, Mtry, 831-375-6958

Bayside Coffee Co. at Embassy Suites-10% 🚲 1441 Cyn Del Rey, SE, 831-393-1115

Best Western Plus Beach Resort Monterey-20% 🚲 2600 Sand Dunes Dr, Mtry,
800-605-7650

Big Sur River Inn Restaurant-10% (Alcohol excluded) 🚲 H'way 1 at Pheneger Creek,
Big Sur, 831-667-2700

Bistro Abrego-20% 🚲 755 Abrego St, Mtry, 831-372-7551

Breakfast Club-10% 🚲 1130 Fremont Blvd, SE, 831-394-3238

Britannia Arms-15% (Alcohol excluded) 🚲 444 Alvarado St, Mtry, 831-656-9543

Café Fina-10% 🚲 47 Fisherman's Wharf #1, Mtry, 831-372-5200

Café La Strada-20% 🚲 400 Cannery Row, Mtry, 831-645-4030

Café Rustica-15% 🚲 10 Delfino Place, CV, 831-659-4444

Café Stravaganza-10% (Alcohol excluded) 🚲 241 Crossroads Blvd, Crml, 831-625-3733

[Caffé Trieste](#) -10% 🚶 409 Alvarado, Mtry, 831-241-6064
[California Pizza Kitchen](#) -20% 🚶 1100 Del Monte Center, Mtry, 831-375-4975
[Cannery Row Brewing Company](#) -10% 🚶 95 Prescott Ave, Mtry, 831- 643-2722
[Cantinetta Luca](#) -15% 🚶 Dolores St between Ocean and 7th, Crml, 831-625-6500
[Carmel Belle](#) -10% 🚶 Ocean & San Carlos, Crml, 831-624-1600
[Carmel Coffee](#) -20% 🚶 Ocean Ave between San Carlos & Dolores, Crml, 831-626-2095
[Carmel Mission Inn](#) -10% 🚶 3665 Rio Rd, Crml, 831-624-1841
[Carmel River Inn](#) -50% 🚶 26600 Oliver Rd, Crml, 831-624-1575
[Central Texan BBQ](#) -10% (Alcohol excluded) 🚶 10500 Merritt St, Cstrvl, 831-633-2285
[Cha-ya Japanese Tea & Things](#) -10% 🚶 118 Webster, Mtry, 831-646-5486
[Chef Lee's Mandarin House-Monterey](#) -10% (Alcohol excluded) 🚶 2031 N. Fremont, Mtry, 831-375-9551
[China Garden](#) -10% (Alcohol excluded) 🚶 125 Ocean View Blvd, PG, 831-646-9400
[Cima Collina Tasting Room](#) -15% 🚶 San Carlos St. between Ocean and 7th, Crml, 831-620-0645
[Cooper's Pub & Restaurant](#) -15% (Alcohol excluded) 🚶 653 Cannery Row, Mtry, 831-373-1353
[Corkscrew Cafe](#) -10% (Alcohol excluded) 🚶 55 West Carmel Valley Rd, CV, 831-659-1050
[Courtside Bistro at Chamisal Tennis and Fitness](#) -10% (Alcohol excluded) 🚶 185 Robley Rd, CDT, 831-484-6000
[Courtyard by Marriott](#) -15% 🚶 17225 El Rancho Way, Slms, 831-775-0491
[Cozumel](#) -10% (Alcohol excluded) 🚶 1447 N Main St, Slms, 831-442-2854
[Curly's BBQ](#) -10% 🚶 1107 Fremont St, SE, 831-394-7274
[Cypress Inn](#) -30% 🚶 Lincoln Ave & 7th Ave, Crml, 800-443-7443
[D'Anna Thai Kitchen](#) -10% 🚶 210 Reindollar Ave, Marina, 831-883-9399
[De Tierra Vineyards Tasting Room](#) -15% 🚶 Mission & 5th, Crml, 831-754-3176
[Domenico's On the Wharf](#) -10% 🚶 50 Fisherman's Wharf #1, Mtry, 831-372-3655
[East Village Coffee Lounge](#) -20% 🚶 498 Washington St, Mtry, 831-373-5601
[Eco Carmel](#) -10% 🚶 2 SW of 7th on San Carlos, Crml, 831-624-1222
[El Mariachi](#) -20% (Alcohol excluded) 🚶 711 Cannery Row, Ste 1, Mtry, 831-324-4953
[El Palomar](#) -20% 🚶 724 Abrego St, Mtry, 831-372-1032
[El Torito](#) -20% (Alcohol excluded) 🚶 600 Cannery Row, Mtry, 831-373-0611
[Elli's Great American Restaurant](#) -10% 🚶 1250 S Main St, Slms, 831-759-8455
[Em Le's](#) -10% (Alcohol excluded) 🚶 Dolores between 5th and 6th, Crml, 831-625-6780
[Embassy Suites Monterey Bay-Seaside](#) -10% 🚶 1441 Canyon Del Rey, SE, 831-393-1115
[Epsilon](#) -15% 🚶 422 Tyler St, Mtry, 831-655-8108
[Erik's DeliCafé](#) -10% 🚶 840 Broadway Ave, Ste B-1, SE, 831-393-1818
[Favaloro's Big Night Bistro](#) -10% 🚶 545 Lighthouse Ave, PG, 831-373-8523

[Fifi's Bistro Café](#)-15% (Alcohol excluded) 🚗 1188 Forest Ave, PG, 831-372-5325
[First Awakenings](#)-10% 🚗 125 Oceanview Blvd, PG, 831-372-1125
[First Awakenings](#)-10% 🚗 171 Main St, Slns, 831-784-1125
[Fishwife](#)-15% (Alcohol excluded) 🚗 789 Trinity Ave, SE, 831-394-2027
[Fishwife](#)-15% (Alcohol excluded) 🚗 1996 ½ Sunset Drive, PG, 831-375-7107
[Forest Lodge](#)-30% 🚗 Ocean Ave at Torres and Mt. View, Crml, 831-624-7372
[Forge in the Forest](#)-10% 🚗 5th and Junipero, Crml, 831-624-2233
[Fox California Theater](#)-10% 🚗 241 South Main St, Slns, 831-758-8459
[From Scratch](#)-10% 🚗 3626 The Barnyard, Crml, 831-625-2448
[Gilbert's Seafood Grill Restaurant](#)-10% 🚗 30 Fisherman's Wharf, Mtry, 831-375-3113
[Gino's](#)-10% (Alcohol excluded) 🚗 1410 S Main St, Slns, 831-422-1814
[Golden Fish](#)-15% 🚗 221 Main St, Slns, 831-422-4946
[Golden Tee](#)-15% (Alcohol excluded) 🚗 200 Fred Kane Dr., #201, Mtry, 831-373-1232
[Grasing's](#) – 10% (Alcohol excluded) 🚗 6th & Mission, Crml, 831-624-6562
[Great Wall Chinese](#)-10% 🚗 724 Abrego St, Mtry, 831-372-3637
[Grower's Pub](#)-15% 🚗 227 Monterey St, Slns, 831-754-1488
[Guadalajara Grill](#)-15% 🚗 1334 S. Main St., Slns, 831-754-0400
[Hahn SLH Estate Winery](#)-15% 🚗 37700 Foothill Rd, Sldad, 831-678-4555
[Hanabi Japanese](#)-10% (Alcohol excluded) 🚗 11276 Merritt St, Cstrvl, 831-633-4262
[Happy Dragon](#)-10% (Alcohol excluded) 🚗 2329 Fremont St, Mtry, 831-372-3541
[Happy Girl Kitchen](#)-10% 🚗 173 Central Ave, PG, 831-373-4475
[Haute Enchilada](#)-10% 🚗 7902 Moss Landing Rd, Moss Lndg, 831-633-5843
[Heller Estate Organic Vineyards](#)-15% 🚗 69 W. Carmel Valley Rd, CV, 831-659-6220
[Henry's BBQ](#)-10% (Alcohol excluded) 🚗 401 Lighthouse Ave, Mtry, 831-646-6999
[Hofsas House Hotel](#)-10% 🚗 2 NW of 4th Ave on San Carlos St, Crml, 831-624-2745
[Hotel Abrego](#), 20% 🚗 755 Abrego St, Mtry, 831-372-7551
[Hotel Pacific](#)-15% 🚗 300 Pacific St, Mtry, 831-373-5700
[Hula's Island Grill & Tiki Room](#)-15% (Alcohol excluded) 🚗 622 Lighthouse Ave, Mtry,
831-655-4852
[Hyatt Regency Monterey](#)-10% 🚗 1 Old Golf Course Rd, Mtry, 831-372-1234
[InterContinental The Clement Monterey](#)-20% 🚗 750 Cannery Row, Mtry,
831-375-4500
[International Market and Deli](#)-10% 🚗 580 Lighthouse Ave, Mtry, 831-375-9451
[Island Taco](#)-10% 🚗 173 The Crossroads, Crml, 831-624-8454
[Jabberwock Inn](#)-20% 🚗 598 Laine St, Mtry, 831-372-4777, 888-428-7253
[Jack London's Neighborhood Pub & Grill](#)-15% 🚗 Dolores between 5th & 6th, Crml, 831-
624-2336
[Jersey's Subs](#)-20% (Alcohol excluded) 🚗 832 Playa Ave, Snd Cty, 831-899-7677
[Jose's Lounge Underground](#)-20% (Alcohol excluded) 🚗
638 Wave St, Mtry, 831-655-4419

Jose's Mexican-10% (Alcohol excluded) ☎ 638 Wave St, Mtry, 831-655-4419

Jose's Mexican -10% (Alcohol excluded) ☎ 1612 Contra Costa, SE, 831-899-0345

Knuckles Sports Bar at Hyatt Regency-10% (Alcohol excluded) ☎ 1 Old Golf Course Rd, Mtry, 831-657-6625

Koko's Café-10% ☎ 419 Alvarado St, Mtry, 831-375-3777

Krua Thai-20% ☎ 731 Munras Ave, Mtry, 831-655-9797

Kula Ranch -10% (Alcohol excluded) ☎ 3295 Dunes Rd, Marina, 831-883-9479

laBalena-10% (Alcohol excluded) ☎ Junipero between 5th & 6th, Crml, 831-250-6295

La Plaza Bakery & Café East Sins -10% ☎ 20 N. Sanborn Rd, Slns, 831-422-0578

La Plaza Bakery & Café West Sins -10% ☎ 1036 N. Davis Rd, Slns, 831-422-0748

La Plaza Bakery & Café East Sins -10% ☎ 107 Bardin Rd, Slns, 831-751-6028

La Plaza Bakery & Café-10% ☎ 33 Third St, Gnzls, 831-675-2337

La Plaza Bakery & Café-10% ☎ 150 El Camino Rd, Grnflld, 831-674-1157

La Plaza Bakery & Café-10% ☎ 901 Front St, Sldad, 831-678-1452

La Sala's Bi-Rite Deli-10% ☎ 250 Casa Verde Way, Mtry, 831-372-6824

LALLA Lounge-10% ☎ 1250 S. Main St, Slns, 831-759-8455

LALLA Grill-10% ☎ 1400 Del Monte Shopping Center, Mtry, 831-324-4632

LALLApalooza-10% ☎ 474 Alvarado St, Mtry, 831-645-9036

Lamplighter Inn-30% ☎ SE Corner of Ocean Ave & Camino Real, Crml, 831-624-7372

Le St. Tropez-10% (Alcohol excluded) ☎ Dolores St between Ocean and 7th Ave, Crml, 831-624-8977

Lemon Grass-10% (Alcohol excluded) ☎ 413 Moss Landing Rd, Moss Lndg, 831-633-0700

Lighthouse Lodge & Cottages-10% ☎ 1150 Lighthouse Ave, PG, 831-655-2111

London Bridge Pub-15% (Alcohol excluded) ☎ 2 56 Figueroa St, Wharf #2, Mtry, 831-372-0581

Loose Noodle-15% (Alcohol excluded) ☎ 538 Lighthouse Ave, Mtry, 831-641-0130

Lopez Taqueria-10% (Alcohol excluded) ☎ 500 Del Monte Ave, Mtry, 831-655-3222

Los Laureles Lodge-20% ☎ 313 W. Carmel Valley Rd, CV, 831-659-2233

LouLou's Griddle in the Middle-10% (Alcohol excluded) ☎ Wharf #2, Mtry, 831-372-0568

Maha's Lebanese Cuisine-15% ☎ 470 Alvarado St, Mtry, 831-372-8999

Marisco's Puerto Nuevo-10% (Alcohol excluded) ☎ 530 Broadway Ave, SE, 831-583-0411

Marisco's Puerto Nuevo-10% (Alcohol excluded) ☎ 3022 H Dela Rosa Sr St, Sldad, 831-678-9234

Merlot Bistro-15% ☎ Ocean Ave between Lincoln and Monte Verde, Crml, 831-624-5659

Michael's Grill and Taqueria-10% (Alcohol excluded) ☎ 321 Main St, Slns, 831-754-8917

Montellese Family Chiropractic-20% 🚗 550 Camino El Estero, Suite103, Mtry 831-655-3255

Monterey Bay Photo-10% 🚗 763 Lighthouse Ave, Mtry, 831-372-6337

Monterey Donut-10% 🚗 2440 Fremont St, SE, 831-333-0281

Monterey Fireside Lodge-10% 🚗 1131 Tenth St, Mtry, 831-373-4172

Monterey Hostel-50% 🚗 778 Hawthorne St, Mtry, 831-649-0375

Monterey Hotel-30% 🚗 406 Alvarado St, Mtry, 831-375-3184

Monterey Museum of Art-La Mirada-50% (Alcohol excluded) 🚗 720 Via Mirada, Mtry, 831-372-5477

Monterey Museum of Art-Pacific Street-50% (Alcohol excluded) 🚗 559 Pacific St, Mtry, 831-372-5477

Mountain Mike's Pizza-20% (Alcohol excluded) 🚗 266 Reservation Rd, Marina, 831-883-2242

Mountain Mike's Pizza-20% (Alcohol excluded) 🚗 931 W. Alisal St, Slns, 831-424-4540

Mucky Duck-20% 🚗 479 Alvarado, Mtry, 831-655-3031

Mundaka-10% (Alcohol excluded) 🚗 San Carlos between Ocean & 7th, Crml, 831-624-7400

Museum of Monterey (MOM)-50% 🚗 5 Custom House Plaza, Mtry, 831-372-2608

MY Museum/Monterey Youth-20% 🚗 425 Washington St, Mtry, 831-649-6444

MYO Pure Frozen Yogurt-25% 🚗 491 Alvarado St, Mtry, 831- 649-3769

MYO Pure Frozen Yogurt-25% 🚗 685 Cannery Row, Suite 103, Mtry, 831-375-3769

MYO Pure Frozen Yogurt-20% 🚗 1091 South Main St, Slns, 831-759-9769

National Steinbeck Center-10% 🚗 One Main St, Slns, 831-775-4721

Noodle House-20% (Alcohol excluded) 🚗 1022 N Davis Rd, Slns, 831-758-4071 or 831-758-2928

Pacifica Café & Bar-10% 🚗 1441 Canyon Del Rey, SE, 831-393-1115

Paluca Trattoria-15% (Alcohol excluded) 🚗 6 Wharf #1, Mtry, 831-373-5559

Papa Chevo's-10% 🚗 299 Cannery Row, Mtry, 831-372-7298

Paraiso Vineyards-10% 🚗 38060 Paraiso Springs Rd, Sldad, 831-678-0300

Parker-Lusseau Pastries-10% 🚗 731 Munras Ave, Mtry, 831-643-0300

Parker-Lusseau Pastries-10% 🚗 539 Hartnell St, Mtry, 831-641-9188

Parker-Lusseau Pastries-10% 🚗 40 Ragsdale Dr, Ste 100, Mtry, 831-655-3030

Passionfish-10% (Alcohol excluded) 🚗 701 Lighthouse Ave, PG, 831-655-3311

Peppers Mexicali Café-15% (Alcohol excluded) 🚗 170 Forest Ave, PG, 831-373-6892

Persian Grill-10% (Alcohol excluded) 🚗 675 Lighthouse Ave, Mtry, 831-372-3720

[Peter B's Brewpub](#)-15% (Alcohol excluded) 🚲 2 Portola Plaza, Mtry, 831-649-2699

[Petra](#), Monterey-10% 🚲 435 Alvarado St, Mtry, 831-646-2080

[Petra](#), Pacific Grove -10% 🚲 477 Lighthouse Ave, PG, 831-649-2530

[P.F. Chang's](#)-15% (Alcohol excluded) 🚲 1200 Del Monte Center, Mtry, 831-375-0143

[Pico de Gallo](#)-10% 🚲 2240 Del Monte Ave, Mtry,
831-643-2000

[Pierce Ranch Vineyards](#)-20% 🚲 499 Wave St, Mtry,
831-372-8900

[Pino's Café](#)-10% 🚲 211 Alvarado St, Mtry, 831-649-1930

[Plaza Linda Restaurant & Cantina](#)-15% 🚲 27 East Carmel Vly Rd, CV, 831-659-4229

[Plume's Coffee House](#)-20% 🚲 400 Alvarado, Mtry,
831-373-4526

[Point Pinos Grill](#)-15% 🚲 79 Asilomar Blvd, PG, 831-648-5774

[PortaBella](#)-15% 🚲 Ocean Ave between Lincoln and Monte Verde, Crml, 831-624-4395

[Portobello's Rotisserie Café](#)-15% 🚲 1366 South Main, Slms, 831-753-0797

[Portola Hotel](#)-15% 🚲 2 Portola Plaza, Mtry, 888-222-5851

[Princess Monterey Whale Watching](#)-10% 🚲 96 Wharf I, Mtry, 831-372-2203

[r.g. Burgers](#)-10% 🚲 570 Munras Ave #30, Mtry, 831-372-4930

[r.g. Burgers](#)-10% 🚲 201 Crossroads Shopping Village, Crml, 831-626-8054

[Red Brick Pizza](#)-10% 🚲 459 Canyon Del Rey Rd, DRO, 831-899-4566

[Red's Burger Joint](#)-10% 🚲 1220 S. Main St, Slms, 831-975-4757

[Residence Inn by Marriott](#)-15% 🚲 17215 El Rancho Way, Slms, 831-775-0410

[Rio Grill](#)- 10% 🚲 101 Crossroads Blvd, Carmel, 831-625-5436

[Rollick's Specialty Coffee & Internet](#)-25% 🚲 210 Main St, Slms, 831-422-1760

[Room for Dessert](#)-10% 🚲 398 E. Franklin St., Mtry, 831-647-1170

[Rosa's La Villa Restaurante](#)-10% (Alcohol excluded) 🚲 766 Broadway Ave, SE, 831-899-7710

[Rosie's Country Store](#)-15% 🚲 1 Esquiline Rd, CV, 831-659-2629

[Rosita's Armory Café](#)- 30% (Alcohol excluded) 🚲 231 Salinas St, Slms, 831-424-7039

[Round Table Pizza](#)-20% 🚲 11250 Merritt St, Cstrvl, 831-633-5227

[Running Iron Restaurant & Saloon](#) -20% (Alcohol excluded) 🚲 24 East Carmel Vly Rd,
CV, 831-659-4633

[Sakura Japanese Restaurant & Sushi Bar](#)-15% 🚲 574 Lighthouse Ave, Mtry, 831-373-1767

[San Ardo Café](#)-10% (Alcohol excluded) 🚲 1 Cattleman Rd, San Ardo, 831-627-2621

[Sanctuary Beach Resort](#)-20% 🚲 3295 Dunes Dr, Marina, 1-877-944-3863, 831-883-9478

[Sandbar & Grill](#)-10% 🚲 9 Wharf #2, Mtry, 831-373-2818

[Sapporo Japanese Steakhouse and Sushi](#)-15% 🚲 3 Wharf #2, Mtry, 831-333-1616

[Scheid Vineyards Estate Winery and Tasting Room](#)-15% 🚲 1972 Hobson Ave, Grnflld,
831-386-0316

Scheid Vineyards Tasting Room -15% 🚲 7th & San Carlos, Crml, 831-620-WINE

Schooners Coastal Kitchen-20% 🚲 400 Cannery Row, Mtry, 831-646-1706

Seventeenth St Grille-10% 🚲 617 Lighthouse Ave, PG, 831-373-5474

Spa at Bernardus Lodge-15% 🚲 415 CV Rd, CV, 831-658-3400

Spa on the Plaza-10% 🚲 201 Alvarado St, Mtry, 831-831-647-9000 x 103

Steinbeck House-10% (Alcohol excluded) 🚲 132 Central Ave, Slns, 831-424-2735

Stirrup Cup Pizza-20% (Alcohol excluded) 🚲 24 East Carmel Vly Rd, CV, 831-659-4358

Stravaganza Grill-10% (Alcohol excluded) 🚲 611 Canal St, KC, 831-386-0920

Sweet Elena's Bakery & Café-10% (Alcohol excluded) 🚲 465 Olympia Ave #D, Snd Cty,
831.393.2063

Tacos El Jalisciense-10% (Alcohol excluded) 🚲 118 S. Alta, Gnzls, 831-675-3634

Tacos El Jalisciense-10% (Alcohol excluded) 🚲 505 East Alisal, Slns, 831-759-2381

Taqueria del Mar-10% (Alcohol excluded) 🚲 530 Lighthouse Ave, Mtry, 831-372-7887

Taqueria la Arrolladora-10% (Alcohol excluded) 🚲 1002 Del Monte Ave, Ste A, Slns, 831-
758-3747

Taste Café & Bistro-15% (Alcohol excluded) 🚲 1199 Forest Ave, PG, 831-655-0324

Terry's at the Cypress Inn-15% (Alcohol excluded) 🚲 Lincoln & 7th, Crml, 831-624-3871

Toasties Café-10% 🚲 702 Lighthouse Ave, PG, 831-373-7543

Trailside Café and Coffee House-10% 🚲 550 Wave St (Lower Level), Mtry, 831-649-8600

Turtle Bay Taqueria-15% (Alcohol excluded) 🚲, 431 Tyler St, Mtry, 831-333-1500

Turtle Bay Taqueria-15% (Alcohol excluded) 🚲 1301 Fremont Blvd, SE, 831-899-1010

TusCA Ristorante at Hyatt Regency-10% (Alcohol excluded) 🚲 1 Old Golf Course Rd,
Mtry, 831-657-6675

Vista Blue Spa at Monterey Plaza Hotel-20% 🚲 400 Cannery Row, Mtry, 831-646-1700

Wickets at Bernardus Lodge-10% (Alcohol excluded) 🚲 415 Carmel Valley Rd, CV, 831-
658-3400

Wild Plum Café & Bakery-10% 🚲 731 Munras Ave, Mtry, 831-646-3109

Will's Fargo Dining House & Saloon-10% (Alcohol excluded) 🚲 16 W. CV Rd, CV, 831-
659-2774

The WindMill-10% 🚲 1167 Front St, Sldad, 831-678-1775

Yangtse's Taste of Thai-10% (Alcohol excluded) 🚲 328 Main St, Slns, 831-754-2223

Zeph's One-Stop-10% 🚲 1366 South Main St, Slns, 831-757-3947



www.BicyclingMonterey.com

Learn more about the HER Helmet Thursdays project:

- ✓ [Quick Links](#) to HER Helmet Thursdays.
- ✓ Questions? [Contact Mari Lynch](#).
- ✓ [Additional businesses/organizations are welcome](#). [Sign up online](#) or [phone Mari](#), 831.375.6278.
- ✓ [Invite](#) your favorite places to join HER Helmet Thursdays.
- ✓ Prefer this HER Helmet Thursdays Quick Reference Guide in a Pocket Guide format? Like to see window decals at all HER Helmet Thursdays locations? [Your help is welcome](#). This is a long-term ecology-economy sustainability project, launched Fall 2009. [Volunteers](#) and [donations](#) appreciated.
- ✓ Spread the good news about bike-friendly Monterey County! Share [posters and fliers](#) about HER Helmet Thursdays and other local bicycling projects and resources.

Also at BicyclingMonterey.com

- ❖ Learn [CA bike laws and safety tips](#), including *información en español*.
- ❖ Find [local bicycle shops \(including rentals\), bike services, clubs, and resources, including infrastructure contacts, events, and more](#).
- ❖ Explore the [children and teens](#) section for kid-specific safety tips, activities, bike-to-school info, and more.
- ❖ Learn [bicycle security](#) tips, [bike parking tips, and where to get bike valet parking service](#)—including at special events.
- ❖ View bicycle [maps](#); plus tips for biking [Carmel](#), [Castroville](#), [Salinas](#), [Seaside](#), and elsewhere.
- ❖ Learn [where else to bike](#) in Monterey County!
- ❖ Get tips for [bike fashionistas](#), and biking to more elegant venues.
- ❖ Find [tips for serious cyclists](#) too.