

Discounts just because you bike in Monterey County! For **males and females**, locals and visitors.

HER Helmet Thursdays

Bike, and get a 10-50% discount. **When?** Thursdays. **Why?** Be a partner in sustaining HER/Mother Earth and the economy. **Where?** At **H-E-R** businesses and organizations countywide—in Big Sur, Carmel, Carmel Valley, Castroville, Del Rey Oaks, Gonzales, Greenfield, King City, Marina, Monterey, Moss Landing, Pacific Grove, Salinas, San Ardo, Sand City, Seaside, Soledad. **H-E-R stands for:** H=Hotels/other lodging; E=Entertainment venues and Educational attractions; R=Restaurants/other food and beverage service. **How?** At **H** places, BYOB/Bring Your Own Bike or rent a bike for a day or longer from any Monterey County shop. At **E & R** places, bike there; then show your helmet, and mention **HER Helmet Thursdays**.



Here are the Charter Participants! Details and additional participants at BicyclingMonterey.com.

Allegro	Gilbert's Seafood Grill	Monterey Fireside Lodge	The Spa at Bernardus Lodge
Amir's Kabob House	Gino's Fine Italian	Monterey Hostel	Sweet Elena's Bakery & Café
Aquablue Spa	Golden Fish	Monterey Hotel	Taqueria del Mar
Austino's Patisserie	Great Wall Chinese	Mountain Mike's Pizza, Marina	Taste Café & Bistro
Bahama Grille	Happy Dragon	Mountain Mike's, W. Alisal, Salinas	Terry's at the Cypress Inn
Bahama Island Steakhouse	Haute Enchilada	MY Museum	Toasties Café
Big Sur River Inn Restaurant	Henry's BBQ	National Steinbeck Center	Trailside Café
Britannia Arms	Hola by the Sea	Papa Chevo's, Monterey	Turtle Bay Taqueria, Monterey
Breakfast Club	Hula's Island Grill & Tiki Room	Parker-Lusseau, Hartnell, Mtry	Turtle Bay Taqueria, Seaside
Bullwacker's	InterContinental The Clement Mtry	Parker-Lusseau, Munras, Mtry	Vista Blue Spa
Café Fina	Island Taco	Passionfish	Wickets at Bernardus Lodge
Café La Strada	Jabberwock Inn	Pepper's Mexicali Café	Wild Plum Café & Bakery
Café Rustica	Jose's Lounge Underground	Persian Grill	Will's Fargo
Cantinetta Luca	Jose's Mexican, Monterey	Petra	Yangtze's Taste of Thai
Carmel Belle	Jose's Mexican, Seaside	Pico de Gallo	
Carmel Mission Inn	Koko's Café	Pierce Ranch Vineyards	
Carmel River Inn	Krua Thai Café	Pino's Café	
Central Texan BBQ	Kula Ranch	Plaza Linda	
China Garden	LALLA Lounge	Plume's Coffee House	
Courtyard by Marriott	LALLAgrill	Point Pinos Grill	
Cozumel	LALLApalooza	PortaBella, Carmel	
Curly's Barbecue	La Plaza Bakery & Café	Red Brick Pizza, DRO	
Cypress Inn	(all 6 La Plaza locations)	Residence Inn by Marriott	
Domenico's On the Wharf	La Sala's Bi-Rite Deli	r.g. Burgers, Carmel	
East Village Coffee Lounge	Lamp Lighter Inn	r.g. Burgers, Monterey	
El Palomar	Le St. Tropez	Rosa's La Villa Restaurante	
El Torito	Lemon Grass	Rosie's Country Store	
Elli's Great American	London Bridge Pub	Round Table, Castroville	
Em Le's	Loose Noodle	Sakura Japanese	
Epsilon	Lopez Taqueria	Salinas Valley Fish House	
Erik's Delicafé, Seaside	Los Laureles Lodge	San Ardo Café	
Favaloro's Big Night Bistro	LouLou's Griddle in the Middle	Sanctuary Beach Resort	
First Awakenings, PG & Salinas	Maha's Lebanese Cuisine	Sandbar & Grill	
Fishwife, Monterey	Marisco's, Seaside	Sapporo Japanese	
Fishwife, Pacific Grove	Marisco's, Soledad	Scheid Vineyards, Greenfield	
Forest Lodge	Merlot Bistro	Scheid Vineyards, Carmel	
Forge in the Forest	Michael's Grill & Taqueria, Salinas	Schooners Bistro on the Bay	
Fox California Theater		17 th Street Grille	

**Thank you,
Charter Participants.**

Above are the first 100.
There are now over 200
participants. See website
[listings of all](#), plus FAQs.



**Add your business or
organization to this long-term
ecology-economy
sustainability project.**

Questions?

Call **Mari Lynch**,
(831) 375-6278.

BicyclingMonterey.com