

HER HELMET THURSDAYS

🚲 **H**OTELS AND OTHER LODGING

Educational / ENTERTAINMENT SPOTS

🚲 **R**ESTAURANTS AND RELATED PLACES

—PLUS OTHER BUSINESSES AND
ORGANIZATIONS — ALL HELPING

HER / MOTHER EARTH

AND THE ECONOMY
BY GIVING 10-50% DISCOUNTS
IN MONTEREY COUNTY
TO PEOPLE WHO BIKE



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 discount on Thursday night [lodging](#).

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

Get a discount off your total tab (may exclude alcohol)—morning, afternoon, or night on Thursdays.

[FAQS](#) and [Date Restrictions](#) at [BikeMonterey.org](#)

Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for people who bike.

For FAQs, project-wide date restrictions, and other details, go to bikemonterey.org — “[Listings / How to Get the Discounts / FAQs](#)” or [phone 831.375.6278](tel:831.375.6278).

This multi-page Quick Reference Guide lists all participating businesses and organizations in Monterey County.

- **Before claiming discount**, refer to individual participant’s listing; access it by clicking their name below. (If viewing print copy of this guide, go to “[HER Helmet Thursdays](#)” section at bikemonterey.org or phone 831.375.6278.)
- Kindly look over the [frequently asked questions / FAQs](#).
- 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](#).)
- To [bike-and-ride](#) and still get a discount, bike as far as your personal stamina, schedule, etc. allow. Examples of how that option works are provided in the [FAQs](#).
- For bike laws, including Monterey County [sidewalk](#) ordinances; riding skills and safety tips; local bike shops and rental locations; and lots more useful info, start with the bottom of this Quick Reference Guide, or go to bikemonterey.org.

This is a long-term project, launched 2009. Businesses and organizations often have staff changes. It may be helpful to have their listing pulled up on your mobile phone screen (or bring a printed guide), just in case a staff person on duty isn’t familiar with the project. There is a staff [reference sheet](#) provided, but not all staff may be familiar with it.

[The HER Helmet Thursdays Project](#) was created and [launched](#) in Monterey County in Nov 2009 by a county resident since 1981, Bicycling Monterey [founder](#) Mari Lynch. From 2009-2017, she donated well over 10,000 hours to the Bicycling Monterey site and [projects](#), including HER Helmet Thursdays.

Contributions are welcome and appreciated. See <http://bit.ly/GiveFAQs>.

- **Below are all participating spots.** To search by city or unincorporated community: Type **Control + F** to get a “find” window, then type any name or abbreviated name highlighted here in red: **Big Sur**, Carmel (**Crml**), Carmel Valley (**CV**), Castroville (**Cstrvl**), Corral de Tierra (**CDT**), Gonzales (**Gnzls**), Greenfield (**Grnflld**), King City (**KC**), **Marina**, Monterey (**Mtry**), Moss Landing (**Moss Lndg**), Pacific Grove (**PG**), Pajaro/Royal Oaks (**PJ**), Prunedale (**PD**), Salinas (**Slns**), **San Ardo**, Sand City (**Snd Cty**), Seaside (**SE**), Soledad (**Sldad**).
- **To search by looking over a geographic area:** Use the [venues map](#). It’s auto-generated, and most—but not all—of the spots show up correctly on the map.
- **To look over some highlighted cities/communities**, see tips on biking [Big Sur](#), [Carmel](#), which includes a list of the first [Carmel and Carmel Valley HER Helmet Thursdays spots](#), [Castroville](#) (includes first [North County spots](#)), [Greenfield](#) (includes first [South County spots](#)), [Salinas](#) and [Seaside](#) (includes their first HER Helmet Thursdays spots).

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17th Street Grille-10% 🚲 617 Lighthouse Ave, PG, 831-373-5474

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

Alvarado Street Brewery-10% (Alcohol excluded) 🚲 426 Alvarado St, Mtry, 831-655-2337

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

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

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

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

Bayonet Bar & Grill at Bayonet Black Horse-20% (Alcohol excluded) 🚲 1 McClure Way, SE, 831-899-7271

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

Bear Bikes-10% 🚲 1288 N. Main, Slms; 831-444-8460

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

Billy Quon's Sur-15% 🚲 3601 The Barnyard, Crml, 831-250-7188

Birrieria & Restaurant Estilo Coalcoman-10% (Alcohol excluded) 🚲 10500 Merritt St, Cstrvl, 831-831-594-9906

Bobcat Bicycles-10% 🚲 141 Monterey St, Slms; 831-753-7433

Bon Ton L'roy's Lighthouse Smokehouse-10% 🚲 794 Lighthouse Ave, Mtry, 831-375-6958

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

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

Bull and Bear Whiskey Bar and Taphouse-20% 🚲 479 Alvarado, Mtry, 831-655-3031

The C restaurant + bar-15% (Alcohol excluded) 🚲 750 Cannery Row, Mtry, 831-375-4800

Café Ariana-10% 🚲 543 Lighthouse Ave, PG, 831-920-1381

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

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[Cantinetta Luca](#)-15% 🚲 Dolores St between Ocean and 7th, Crml, 831-625-6500

[Carmel Bach Festival](#) -20% 🚲 Various locations, 831-624-1521

[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

[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 House](#)-10% (Alcohol excluded) 🚲 125 Ocean View Blvd, PG, 831-646-9400

[Cima Collina Tasting Room](#)-15% 🚲 19A East Carmel Valley Rd, CV, 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, Slns, 831-775-0491

[Crazy Horse Restaurant](#)-10% 🚲 1425 Munras Ave, Mtry, 831-649-4771

[Cypress Inn](#)-30% 🚲 Lincoln Ave & 7th Ave, Crml, 800-443-7443

[DC-10 Doug Chandler Performance](#)-10% 🚲 517 Abbott, Slns, 831-422-3270

[De Tierra Vineyards Tasting Room](#)-15% 🚲 Mission & 5th, Crml, 831-754-3176

[Deliciosos Tacos Castroville](#)-10% 🚲 11576 Merritt St, Cstrvl, 831-632-0386

[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 Pescadero](#)-10% (Alcohol excluded) 🚲 San Carlos between Ocean & 7th, Crml, 831-624-7400

[El Torito](#)-20% (Alcohol excluded) 🚲 600 Cannery Row, Mtry, 831-373-0611

[El Zacatecano Restaurant](#)-10% (Alcohol excluded) 🚲 655 E Alisal St, Slns, 831-240-0086

[Elli's Great American Restaurant](#)-10% 🚲 1250 S Main St, Slns, 831-759-8455

[Embassy Suites Monterey Bay-Seaside](#)-10% 🚲 1441 Canyon Del Rey, SE, 831-393-

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- [Epsilon Fine Greek Restaurant](#)-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) 🚲 1996 ½ Sunset Drive, PG, 831-375-7107
- [Fishwife](#)-15% (Alcohol excluded) 🚲 789 Trinity Ave, SE, 831-394-2027
- [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
- [G's Tacos](#)-20% 🚲 120 Salinas Rd, Royal Oaks (PJ), 831-750-4946 or 724-1420
- [Ginger Thai Kitchen](#)-10% 🚲 1104 S Main St, Slns, 831-831-422-8424 (831-422-THAI)
- [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
- [Hacienda Mexican Grill](#)-10% (Alcohol excluded) 🚲 1449 N. Davis Rd, Slns, 831-424-6400
- [Hahn SLH Estate Winery](#)-15% 🚲 37700 Foothill Rd, Sldad, 831-678-4555
- [Halē Kai Lana Kona Coffee](#)-30% 🚲 542 Ortiz Ave, Ste 1, Snd Cty, 831-394-5662
- [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
- [Hofsas House Hotel](#)-10% 🚲 2 NW of 4th Ave on San Carlos St, Crml, 831-624-2745
- [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

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[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

[Jersey's Subs](#)-20% (Alcohol excluded) 🚲 832 Playa Ave, Snd Cty, 831-899-7677

[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

[Krua Thai](#)-20% 🚲 731 Munras Ave, Mtry, 831-655-9797

[laBalena](#)-10% (Alcohol excluded) 🚲 Junipero between 5th & 6th, Crml, 831-250-6295

[La Plaza Bakery & Café East Slns](#) -10% 🚲 20 N. Sanborn Rd, Slns, 831-422-0578

[La Plaza Bakery & Café West Slns](#) -10% 🚲 1036 N. Davis Rd, Slns, 831-422-0748

[La Plaza Bakery & Café East Slns](#) -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, Grnflid, 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

[Lamp Lighter Inn](#)-30% 🚲 SE Corner of Ocean Ave & Camino Real, Crml, 831-624-7372

[Layers](#)-10% 🚲 9 Soledad Dr, Ste A, Mtry, 831-655-1544

[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

[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

[Lucia Restaurant & Bar at Bernardus Lodge & Spa](#)-10% (Alcohol excluded) 🚲 415 Carmel Valley Rd, CV, 831-658-3400

[Lugano Swiss Bistro](#)-15% (Alcohol excluded) 🚲 3670 The Barnyard, Crml, 831-626-3779

[Luigi's Italian Restaurant](#)-10% 🚲 346 Alta St, Gnzls, 831-675-7800

[Marina Cycle & Skate](#)-10% 🚲 214 Reservation Rd, Marina, 831-384-2453

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Mariscos Nayarita-10% 🚲 10624 Merritt St, Cstrvl, 831-632-2430

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

Mi Tierra-10% 🚲 129 Main St, Slns, 831-422-4631

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

Monterey Tides-20% 🚲 2600 Sand Dunes Dr, Mtry, 800-605-7650

Motel 6 Castroville-10% 🚲 10341 Merritt St, Cstrvl, 831-633-3300

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

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% 🚲 840 Broadway Ave, Ste B5, SE, 831-375-3769

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

Namaste India Bistro-15% (Alcohol excluded) 🚲 538 Lighthouse Ave, Mtry, 831-641-0130

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

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Old Monterey Inn-10% (Alcohol excluded) 🚲 500 Martin St, Mtry, 831-375-8284

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

Pacific Grove Museum of Natural History's Museum Store-10% 🚲 165 Forest Ave, PG, 831- 648-5716

Paluca Trattoria-10% (Alcohol excluded) 🚲 6 Wharf #1, Mtry, 831-373-5559

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

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

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

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

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

Peninsula Bike Works-15% 🚲 1271 10th St, Suite C, Mtry, 831-643-2453

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

Perfectly Pressed Juice Bar 'n' Eatery-15% 🚲 8059 San Miguel Canyon Rd, PD, 831-269-3337

Perfectly Pressed Juice Bar 'n' Eatery, Marina-15% 🚲 3158 Del Monte Ave, Marina, 831-998-8770

Perfectly Pressed Juice Bar 'n' Eatery-15% 🚲 961 W. Alisal St, Slns, 831-998-8770

Perfectly Pressed at the Press Club-15% 🚲 668 Williams Ave, SE, 831-901-3900

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

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% 🚲 150 S Main St, Ste116, 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

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[Real Colima](#)-10% (Alcohol excluded) 🚲 74 Porter Dr, PJ, 831-761-1241

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

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

[Rocky Point Restaurant](#)- 10% 🚲 36700 Hwy 1, Monterey (rural Monterey County—10 miles south of Carmel, on the Big Sur coast), 831-624-2933

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

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

[Rosine's](#)-10% (Alcohol excluded) 🚲 434 Alvarado St, Mtry, 831-375-1400

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

[Rosita's Armory Café](#)- 30% (Alcohol excluded) 🚲 231 Salinas St, Slns, 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 Cattlemen 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

[Sarita's, the Original](#)-10% 🚲 21 Soledad Drive, Mtry, 831-350-0555

[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

[Spa at Bernardus Lodge](#)-10% 🚲 415 CV Rd, CV, 831-658-3400

[Spa on the Plaza](#)-10% 🚲 201 Alvarado St, Mtry, 831-831-647-9000 x 103

[Sports Center Bicycles](#)-10% 🚲 1576 Del Monte Blvd, SE, 831-899-1300

[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

[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 El Kiosko](#)-10% (Alcohol excluded) 🚲 1502 Constitution Blvd, Slns, 831-444-7980

Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for people who bike.

For FAQs, project-wide date restrictions, and other details, go to bikemonterey.org — “[Listings / How to Get the Discounts / FAQs](#)” or [phone](tel:831.375.6278) 831.375.6278.

Taqueria El Kiosko-10% (Alcohol excluded) 🚲 8 Williams Rd, Slms, 831-424-6211

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

Taqueria Zarape-10% (Alcohol excluded) 🚲 1107 Fremont Blvd, SE, 831-899-1125

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 & Beer Garden-10% 🚲 3 Del Fino Place, CV, 831-831-298-7453

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

Valley Bikes-20% 🚲 64 W. Alisal St, Slms, 831-422-3453

Vietnam Restaurant-15% 🚲 721 Broadway St, KC, 831-386-9256

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

Wharf Marketplace-10% (Alcohol excluded) 🚲 290 Figueroa St, Mtry, 831-649-1116

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

Winning Wheels Bicycle Shop-10% 🚲 318 Grand Ave, PG, 831-375-4322

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

Work Horse Bicycles-10% 🚲 486 Washington St, Mtry, 831-375-2144

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

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



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Links about The HER Helmet Thursdays Project

- ✓ Quick Links to HER Helmet Thursdays, including audio and video intros, project history, and more: <https://bit.ly/HHTQuickLinks>.
- ✓ Businesses or organizations that would like to join the project are welcome to [sign up online](#). Questions? <https://bit.ly/ContactMari>.
- ✓ Share posters and fliers about HER Helmet Thursdays and other local bicycling resources: <https://bit.ly/BikeMRYPosters>.
- ✓ Would you like to see window decals at all HER Helmet Thursdays locations? Want this HER Helmet Thursdays Quick Reference Guide in a Pocket Guide format? HER Helmet Thursdays has been provided 2009-2017 by an unpaid volunteer. To help with this grassroots effort, you are encouraged to [contribute](#) or [volunteer](#). Thank you.

Also at www.BikeMonterey.org

- ❖ Learn [CA bike laws, riding skills, safety tips](#).
- ❖ Learn [biking-on-sidewalks regulations for various Monterey County cities and unincorporated areas](#) (sidewalk rules vary around the state and county). Learn about [sidewalks and safety](#) too.
- ❖ [Bicycle security](#) (theft prevention) tips, [bike parking tips, including valets](#).
- ❖ Bike [maps](#); plus tips on [where to bike](#) in Monterey County.
- ❖ Tips for [bike fashionistas](#), and biking to more elegant venues.
- ❖ Find things to do, plus other dates of interest, on the [Master Calendar](#) for Bicycling Monterey County.
- ❖ Directory of Monterey County [bike community leaders and resources](#).
- ❖ [Children and teens](#) section, [bike-to-school for elementary, middle high schools](#), and tips for [college students](#) too.