

Below are participating businesses and organizations as of 1 May 2015.



HER Helmet Thursdays

🚲 HOTEL 🚲

EDUCATIONAL / ENTERTAINMENT

🚲 RESTAURANT 🚲



Discounts in Monterey County

For Males and Females, Visitors and Locals

An Ecology-Economy Sustainability Project,
Established 2009, to Encourage Bicycling

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

🚲 **H**otels, and other lodging

🚲 **E**ducational / Entertainment 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 (or [bike-and-ride](#)) there on Thursday, then show helmet as evidence.

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

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

This Quick Reference Guide lists all of the 200+ participating spots.

- **Searching by city?** Participating spots are in Big Sur, Carmel (Crml) Carmel Valley (CV), Castroville (Cstrvl), Corral de Tierra (CDT), Gonzales (Gnzls), Greenfield (Grnfl), King City (KC), Marina, Monterey (Mtry), Moss Landing (Moss Lndg), Pacific Grove (PG), Pajaro/Royal Oaks (PJ), Salinas (Slns), San Ardo, Sand City (Snd Cty), Seaside (SE), Soledad (Sldad).
- **Searching by geographic area?** The clickable [venues map](#) can be handy too, and *most* of the spots show up on that auto-generated map.
- **Before claiming discount**, refer to individual participant's listing. Access by clicking on names below. Or, if referring to print copy, go to bikemonterey.org or call 831.375.6278.
- 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](#).)
- **Please look over** the [frequently asked questions / FAQs](#) or call 831.375.6278.
- To [bike-and-ride](#) and still get a discount, bike as far as your personal stamina and schedule allow. Examples of how that option works are provided in the [FAQs](#).
- For bike laws, riding skills and safety tips, local biking resources, and more info, click links at bottom of this Quick Reference Guide, or go to bikemonterey.org.

As a public service, [The HER Helmet Thursdays Project](#) was [launched](#) in Monterey County in November 2009, with participating businesses and organizations and people who bike paying no fee to participate. Project founder and coordinator Mari Lynch is a local resident since 1981. The project's success is due to community involvement. [Contact Mari](#) to see how you can help.

[Contributions](#) and volunteers are appreciated.

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

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

[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

[Bakery Station](#)-15% 🚲 202 Monterey St, Slns, 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

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

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

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

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

Café Auriana-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

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 Garden-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

Cozumel-10% (Alcohol excluded) ☎ 1447 N Main St, Slns, 831-442-2854

Cypress Inn-30% ☎ Lincoln Ave & 7th Ave, Crml, 800-443-7443

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 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

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

G's Tacos-20% ☎ 120 Salinas Rd, Royal Oaks (PJ), 831-750-4946 or 724-1420

Ginger Thai-10% ☎ 1104 S Main St, Slns, 831-xxx-xxxx

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

[Googie Grill](#)-10% ☯ 1520 Del Monte Blvd, SE, 831-392-1520
[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
[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 Mexican](#) -10% (Alcohol excluded) ☯ 1612 Contra Costa, SE, 831-899-0345
[Kai Lee Creamery](#)-10% ☯ 125 Ocean View Blvd, #128, PG, 831-324-4043
[K.C. Bar and Grill](#), 200 Broadway St, Ste 34, KC, 831-386-9006
[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 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, Gnzs, 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

[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

[Mariscos Nayarita](#)-10% 🚗 10624 Merritt St, Cstrvl, 831-632-

[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

[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, Slms, 831-424-4540

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

[MYO Pure Frozen Yogurt](#)-20% 🚲 1091 South Main St, Slms, 831-759-9769

[National Steinbeck Center](#)-10% 🚲 One Main St, Slms, 831-775-4721

[Noodle House](#)-20% (Alcohol excluded) 🚲 1022 N Davis Rd, Slms, 831-758-4071 or 831-758-2928

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

[Other Side](#)-15% 🚲 724 Abrego St, Mtry, 831-372-1032

[Pacifica Café & Bar](#)-10% 🚲 1441 Canyon Del Rey, SE, 831-393-1115

[Paluca Trattoria](#)-10% (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

[Perfectly Pressed](#)-15% 🚲 961 W. Alisal St, Slms, 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

[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

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

[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

[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, 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

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

[Scheid Vineyards Estate Winery and Tasting Room](#)-15% 🚶 1972 Hobson Ave, Grnflid, 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, Slms, 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, Slms, 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, Slms, 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 & Beer Garden](#) -10% 🚶 3 Del Fino Place, CV, 831-831-298-7453

[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

[Wharf Marketplace](#)-10% (Alcohol excluded) 🚶 290 Figueroa St, Mtry, 831-649-1116

[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, Slms, 831-754-2223

[Zeph's One-Stop](#)-10% 🚲 1366 South Main St, Slms, 831-757-3947



www.BikeMonterey.org

Links about The HER Helmet Thursdays Project

- ✓ [Quick Links](#) to HER Helmet Thursdays.
- ✓ Like to see window decals at all HER Helmet Thursdays locations? Prefer this HER Helmet Thursdays Quick Reference Guide in a Pocket Guide format? This is a long-term project. [Volunteers](#) and [contributions](#) appreciated.
- ✓ [More businesses/organizations welcome](#). [Sign up online](#) call 831.375.6278.
- ✓ [Invite](#) your favorite places to join HER Helmet Thursdays.
- ✓ Share [posters and fliers](#) re HER Helmet Thursdays and local bike resources.

Also at BikeMonterey.org

- ❖ Learn [CA bike laws, local sidewalk ordinances, riding skills, safety tips](#).
- ❖ Find things to do on [Master Calendar](#) for Bicycling Monterey County.
- ❖ [Bicycle security](#) (theft prevention) tips, [bike parking tips, including valets](#).
- ❖ Bike [maps](#); plus tips for biking [Carmel](#), [Castroville](#), [Greenfield](#), [Salinas](#), and [Seaside](#). And learn [where else to bike](#) in Monterey County!
- ❖ Get tips for [bike fashionistas](#), and biking to more elegant venues.
- ❖ 32-section guide to local [bike community leaders and resources](#).
- ❖ [Children and teens](#) section, [bike-to-school for elementary, middle high schools](#). Tips for [college students](#) and [serious cyclists](#) too.
- ❖ **Also provided:** bike law summaries and other [información en español](#).