

Below are participating businesses and organizations as of 27 March 2015.



The HER Helmet Thursdays Project

🚲 HOTEL 🚲

EDUCATIONAL / ENTERTAINMENT

🚲 RESTAURANT 🚲

Discounts in Monterey County



*An Ecology-Economy Sustainability Project,
Estbd. 2009, to Encourage More Bicycling*

For Males and Females, Locals and Visitors

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 10-50% discount on Thursday night lodging ([see details](#)).

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

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

Please visit www.BikeMonterey.org for [FAQs](#) and [date restrictions](#). Other questions? [831.375.6278](tel:831.375.6278)

This Quick Reference Guide lists *all* participating 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), Gonzales (Gnzls), Greenfield (Grnfl), King City (KC), Marina, Monterey (Mtry), Moss Landing (Moss Lndg), Pacific Grove (PG), Royal Oaks/Pajaro (PJ), Salinas (Slns), San Ardo, Sand City (Snd Cty), Seaside (SE), Soledad (Sldad).
- **Prefer to search by geographic area?** The clickable [venues map](#) can be handy too. Nearly all of the spots show up on that auto-generated map.
- **Before claiming discount**, refer to participant's individual listing. Access individual listings by clicking on names below. Or if referring to a paper copy, go to www.BikeMonterey.org, or [contact Mari](#), 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. (See tips on [biking in the dark](#).)
- **Please look over** the [FAQs](#) or contact Mari with your questions.
- 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, see bottom of this Quick Reference Guide or visit www.BikeMonterey.org.

In November 2009, [The HER Helmet Thursdays Project](#) was [launched](#) as a public service, with participating businesses and organizations, and people who bike, all paying **no** fee to participate. This continues to be the case. Project founder and coordinator is volunteer Mari Lynch, a local resident since 1981.

The project's success is due to community involvement. Please [contact Mari](#) to learn how you can help. [Volunteers](#) and [contributions](#) are appreciated.

The following businesses and organizations provide discounts to say,

“Thank you for biking in Monterey County!”

[17th St 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

[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

[Austin'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, Slms, 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
[D'Anna Thai Kitchen](#)-10% ☎ 210 Reindollar Ave, Marina, 831-883-9399
[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 Palomar](#)-20% ☎ 724 Abrego St, Mtry, 831-372-1032
[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
[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](#)-15% 🚗 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, 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
[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, 831-632-2430

[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

[Mi Tierra](#)-10% 🚗 129 Main St, Slns, 831-422-4631

[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

[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, 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

Pacific 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-xxx-xxxx (*New! Seaside phone number forthcoming.*)

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, 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

[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, 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 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, 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](#)-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

[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 & 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, Slns, 831-754-2223
[Zeph's One-Stop](#)-10% 🚲 1366 South Main St, Slns, 831-757-3947



www.BikeMonterey.org

Learn more about The HER Helmet Thursdays Project

- ✓ See [Quick Links](#) to HER Helmet Thursdays for 2-minute audio and videos intros, "Wheel the Earth" (project history), and more.
- ✓ Questions? [Contact Mari Lynch](#) (831.375.6278).
- ✓ [Additional businesses and organizations are welcome. Sign up online](#) or [contact Mari.](#)
- ✓ See guidelines on how to [invite](#) your favorite places to join the project.
- ✓ Prefer this Quick Reference Guide in a Pocket Guide format? Want to see window decals at all HER Helmet Thursdays locations? Established in 2009, this is a long-term ecology-economy sustainability project. [Volunteers](#) and [contributions](#) are needed and appreciated.
- ✓ Share [posters and fliers](#) about HER Helmet Thursdays, Tips for Bicycling Monterey County, CA bike laws, and more.

Also at BikeMonterey.org

- ❖ [Riding skills, safety tips, and CA bike laws.](#)
- ❖ [Tips for Bicycling Monterey County,](#) 20-section guide for visitors and locals.
- ❖ Bike community resources, a 32-section directory of [local bike shops, bicycle rentals, social rides, race teams, infrastructure contacts, and much more.](#)
- ❖ [Calendar](#) of local biking and bike-related activities and events.
- ❖ Compilation of Spanish resources, with CA bike law summaries and other info [en español.](#)
- ❖ [Children and teens:](#) special safety tips, [bike-to-school info,](#) and more.
- ❖ [Bicycle security tips, bike parking tips, and where to get bike valet parking service.](#)
- ❖ Bike [maps;](#) plus [where to bike](#) in Monterey County. Special tips for various local cities, including [Carmel, Castroville/North County, Greenfield/South County, Salinas, and Seaside.](#)
- ❖ Tips for [bike fashionistas,](#) and biking to more elegant venues.
- ❖ Tips for [serious cyclists](#) includes info on ride groups and much more.