

Tips for Bicycling in Monterey County

Free online guide helpful for visitors or anyone who bikes here!

Compiled as a courtesy to visitors and others by a cyclist and MoCo resident since 1981.

- ✓ **Great reasons to bike in MoCo** (*it's not just about being an eco-tourist*)
- ✓ **Local bike shops, services, clubs, and resources** (*links and listings*)
- ✓ **Routes, maps, suggested rides** (*for various fitness levels and time frames*)
- ✓ **Bike-and-ride options** (*the bus—and other transportation—for cyclists and their bikes*)
- ✓ **Rental info** (*for beginning bikers to conditioned racers, and from infants to elders*)
- ✓ **Maintenance and repair shops** (*where to get help seven days a week*)
- ✓ **Personal safety** (*including sources for high-visibility apparel and accessories*)
- ✓ **Guided and self-led bike tours** (*from bike sherpa to historic site audios*)
- ✓ **Bike valet parking, bike security, showers for day visitors, more**

HER Helmet Thursdays

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

Bike? 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, Marina, Monterey, Moss Landing, Pacific Grove, Salinas, San Ardo, Sand City, Seaside, Soledad. **H-E-R stands for:** H=**H**otels/other lodging; E=**E**ntertainment venues *and* **E**ducational attractions; R=**R**estaurants/ 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** spots, bike there; show your helmet, mention **HER Helmet Thursdays**. **Questions? Mari Lynch (831) 375-6278**

BicyclingMonterey.com