

[Paluca Trattoria](#)-15% (Alcohol excluded) ☺ 6 Wharf #1, Mtry, 831-373-5559
[Papa Chevo's](#)-10% ☺ 299 Cannery Row, Mtry, 831-372-7298
[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
[Persian Grill](#)-10% (Alcohol excluded) ☺ 675 Lighthouse Ave, Mtry, 831-372-3720
[Peter B's Brewpub](#)-10% (Alcohol excluded) ☺ 2 Portola Plaza, Mtry, 831-649-2699
[Petra](#)-10% ☺ 477 Lighthouse Ave, PG, 831-649-2530
[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% ☺ 9 Del Fino Place, 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
[Portola Hotel & Spa](#)-10% ☺ 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
[Red Brick Pizza](#)-10% ☺ 459 Canyon Del Rey Rd, DRO, 831-899-4566
[Residence Inn by Marriott](#)-15% ☺ 17215 El Rancho Way, Slms, 831-775-0410
[Rio Grill](#)-10% ☺ 101 Crossroads Blvd, Carmel, 831-625-5436
[Rosa's La Villa Restaurante](#)-10% (Alcohol excluded) ☺ 766 Broadway Ave, SE, 831-899-7710
[Rosie's Country Store](#)-15% ☺ 1 Esquiine Rd, CV, 831-659-2629
[Round Table Pizza](#)-20% ☺ 11250 Merritt St, Cstrvl, 831-633-5227
[Sakura Japanese Restaurant & Sushi Bar](#)-15% ☺ 574 Lighthouse Ave, Mtry, 831-373-1767
[Salinas Valley Fish House](#)-15% ☺ 172 Main St, Slms, 831-775-0175
[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
[Scheid Vineyards Estate Winery and Tasting Room](#)-15% ☺ 1972 Hobson Ave, Grnfl, 831-386-0316
[Scheid Vineyards Wine Lounge](#)-15% ☺ 751 Cannery Row, Mtry, 831-656-WINE, 831-455-9990
[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
[Sweet Elena's Bakery & Café](#)-10% (Alcohol excluded) ☺ 465 Olympia Ave #D, Snd Cty, 831.393.2063
[Taqueria del Mar](#)-10% (Alcohol excluded) ☺ 530 Lighthouse Ave, Mtry, 831-372-7887
[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 and Coffee House](#)-10% ☺ 550 Wave St (Lower Level), Mtry, 831-649-8600
[Turtle Bay Taqueria](#)-15% (Alcohol excluded) ☺, 431 Tyler St at Bonifacio, Mtry, 831-333-1500
[Turtle Bay Taqueria](#)-15% (Alcohol excluded) ☺ 1301 Fremont Blvd, SE, 831-899-1010
[Vista Blue Spa at the Monterey Plaza Hotel](#)-20% ☺ 400 Cannery Row, Mtry, 831-646-1700
[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
[Yangtse's Taste of Thai](#)-10% (Alcohol excluded) ☺ 328 Main St, Slms, 831-754-2223

Visit www.BicyclingMonterey.com for:

- HER Helmet Thursdays [goals](#), [new listings](#), and [FAQs](#), and [how to invite](#) your favs
- [Bike-and-ride](#) info (when you can't bike all the way)
- [Tips for Bicycling Monterey County](#), incl. [maps](#), [safety tips](#)
- Local resources, including [bicycle rentals](#), [repairs](#), [clubs](#)
- [Acknowledgements and volunteer ops](#); [posters and fliers](#)



🚲 HOTEL 🚲
 EDUCATION / ENTERTAINMENT
 🚲 RESTAURANT 🚲
Discounts in Monterey County



**An Ecology-Economy Partnership
 Project to Encourage Bicycling
 for males and females, locals and visitors**

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

- 🚲 **H**otels, and other lodging
- 🚲 **E**ducational and Entertainment venues
- 🚲 **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 one day or longer bike rental from any [Monterey County rental location](#).

Get a Thursday night lodging discount!

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

Get a discount off your total tab on Thursday!

[Date restrictions](#), [lodging details](#), [clickable map](#) at www.BicyclingMonterey.com

Questions? [Mari Lynch, 831.375.6278](mailto:Mari.Lynch@BicyclingMonterey.com)

For a venue's detailed listing, click on their name.

(If using this as a printed guide, [access detailed listing online](#) before claiming discount.)

Searching by city? Participants are in Big Sur, Carmel (Crml) Carmel Valley (CV), Castroville (Cstrvl), Del Rey Oaks (DRO), Gonzales (Gnzls), Greenfield (Grnfl), Marina, Monterey (Mtry), Moss Landing (Moss Lndg), Pacific Grove (PG), Salinas (Slms), San Ardo, Sand City (Snd Cty), Seaside (SE), Soledad (Sldad).

Listings as of 20 February 2012

[Abalonetti](#)-10% ☞ 57 Fisherman's Wharf, Mtry, 831-373-1851
[Abrego Lounge](#)-20% ☞ 755 Abrego St, Mtry, 831-372-7551
[Allegro Gourmet Pizzeria](#)-20% ☞ 3770 The Barnyard, Crml, 831-626-5454
[Alternative Café](#)-15% ☞ 1230 Fremont Blvd, SE, 831-583-0913
[Amir's Kabob House](#)-15% (Alcohol excluded) ☞ 794 Lighthouse Ave, Mtry, 831-642-0231
[Aqualube](#)-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
[Bagel Bakery](#)-10% ☞ 539 Carmel Rancho Blvd, Crml, 831-625-5180
[Bahama Island Steakhouse](#)-15% ☞ 3690 The Barnyard, Crml, 831-626-0430
[Bay View Deli & BBQ](#)-10% ☞ 32 Cannery Row, Mtry, 831-375-6958
[Bayside Coffee Co. at Embassy Suites](#)-10% ☞ 1441 Cyn Del Rey, SE, 831-393-1115
[Baywood Cellars Tasting Room](#)-20% ☞ 381 Cannery Row Ste C, Mtry, 831-645-9035
[Bellagio's Pizzeria](#)-25% (Alcohol excluded) ☞ 404 Tyler, Mtry, 831-643-9500
[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
[Breakfast Club](#)-10% ☞ 1130 Fremont Blvd, SE, 831-394-3238
[Britannia Arms](#)-15% (Alcohol excluded) ☞ 444 Alvarado St, Mtry, 831-656-9543
[Bullwacker's](#)-15% (Alcohol excluded) ☞ 653 Cannery Row, Mtry, 831-373-1353
[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
[Cantinetta Luca](#)-15% ☞ Dolores St between Ocean and 7th, Crml, 831-625-6500
[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
[Central Texan BBQ](#)-10% (Alcohol excluded) ☞ 10500 Merritt St, Cstrvl, 831-633-2285
[Cha-ya Japanese Tea & Things](#)-10% ☞ 118 Webster, Mtry, 831-646-5486
[China Garden](#)-10% (Alcohol excluded) ☞ 125 Ocean View Blvd, PG, 831-646-9400
[Cima Collina Tasting Room](#)-15% ☞ San Carlos St. between Ocean and 7th, Crml, 831-620-0645
[Courtyard by Marriott](#)-15% ☞ 17225 El Rancho Way, Slns, 831-775-0491
[Cozumel](#)-10% (Alcohol excluded) ☞ 1447 N Main St, Slns, 831-442-2854
[Cury's BBQ](#)-10% ☞ 1107 Fremont St, SE, 831-394-7274
[Cypress Inn](#)-30% ☞ Lincoln Ave & 7th Ave, Crml, 800-443-7443
[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
[El Mariachi](#)-20% (Alcohol excluded) ☞ 711 Cannery Row, Ste 1, Mtry, 831-324-4953
[El Palomar](#)-20% ☞ 724 Abrego St, Mtry, 831-372-1032
[El Torito](#)-20% (Alcohol excluded) ☞ 600 Cannery Row, Mtry, 831-373-0611
[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
[Epsilon](#)-15% ☞ 422 Tyler St, Mtry, 831-655-8108
[Erik's DeliCafé](#)-10% ☞ 570 Munras Ave. #70, Mtry, 831-646-1515
[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
[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
[Gilbert's Seafood Grill Restaurant](#)-10% ☞ 30 Fisherman's Wharf, Mtry, 831-375-3113
[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
[Great Wall Chinese](#)-10% ☞ 724 Abrego St, Mtry, 831-372-3637
[Habanero's Grill & Cantina](#)-25% (Alcohol excluded) ☞ 400 Tyler St, Mtry, 831-625-3700
[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
[Henry's BBQ](#)-10% (Alcohol excluded) ☞ 401 Lighthouse Ave, Mtry, 831-646-6999
[Hola by the Sea](#)-25% (Alcohol excluded) ☞ 3600 The Barnyard, Crml, 831-626-1814
[Hotel Abrego](#), 20% ☞ 755 Abrego St, Mtry, 831-372-7551
[Hula's Island Grill & Tiki Room](#)-15% (Alcohol excluded) ☞ 622 Lighthouse Ave, Mtry, 831-655-4852
[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
[Jose's Lounge Underground](#)-20% (Alcohol excluded) ☞ 638 Wave St, Mtry, 831-655-4419
[Jose's Mexican](#)-10% (Alcohol excluded) ☞ 638 Wave St, Mtry, 831-655-4419
[Jose's Mexican](#) -10% (Alcohol excluded) ☞ 1612 Contra Costa, SE, 831-899-0345
[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
[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, Gnolz, 831-675-2337
[La Plaza Bakery & Café](#)-10% ☞ 150 El Camino Rd, Crml, 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
[LALLApolooza](#)-10% ☞ 474 Alvarado St, Mtry, 831-645-9036
[Lampighter 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 & Suites](#)-15% ☞ 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
[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
[Món Chay Vietnamese Vegetarian](#)-10% ☞ (Alcohol excluded) ☞ 3678 The Barnyard E-31, Crml 831-622-7777
[Montellose Family Chiropractic](#)-20% ☞ 550 Camino El Estero, Suite 103, 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
[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 Street, Mtry, 831- 649-3769
[MYO Pure Frozen Yogurt](#)-25% ☞ 685 Cannery Row, Suite 103, 831-375-3769
[MYO Pure Frozen Yogurt](#)-25% ☞ 1091 South Main St, Slns, 831-759-9769
[National Steinbeck Center](#)-10% ☞ One Main St, Slns, 831-775-4721
[Pacifica Café & Bar](#)-10% ☞ 1441 Canyon Del Rey, SE, 831-393-1115

