



HER Helmet Thursdays

🚲 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 over 200 **H-E-R** spots—

- 🚲 **H**otels, and other lodging
- 🚲 **E**ducational and **E**ntertainment 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 a 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](tel:831.375.6278)

Listings as of 10 May 2013

Scroll to the end of this Quick Reference Guide for helpful tips.

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

Want this Quick Reference Guide in a Pocket Guide format? [Contact Mari Lynch.](#)

[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

[Amir's Grill and Bar](#)-15% (Alcohol excluded) ☯ 794 Lighthouse Ave, Mtry,
831-642-0231

[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

[Bahama Island Steakhouse](#)-15% ☯ 3690 The Barnyard, Crml, 831-626-0430

[Bakery Station](#)-15% ☯ 202 Monterey St, Slns, 831-783.1140

[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

[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

[Bistro Abrego](#)-20% ☯ 755 Abrego St, Mtry, 831-372-7551

[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

[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 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

[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% ☎ San Carlos St. between Ocean and 7th, Crml, 831-620-0645

[Corkscrew Cafe](#)-10% (Alcohol excluded) ☎ 55 West Carmel Valley Rd, CV, 831-659-1050

[Courtside Café at Chamisal Tennis and Fitness](#)-10% (Alcohol excluded) ☎ 185 Robley Rd, CDT, 831-261-8834

[Courtyard by Marriott](#)-15% ☎ 17225 El Rancho Way, Slns, 831-775-0491

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

[Curly's BBQ](#)-10% ☎ 1107 Fremont St, SE, 831-394-7274

[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

[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 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

[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% ☎ 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

[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

[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

[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

[Henry's BBQ](#)-10% (Alcohol excluded) ☺ 401 Lighthouse Ave, Mtry, 831-646-6999

[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

[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

[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

[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

[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

[Mucky Duck](#)-20% ☎ 479 Alvarado, Mtry, 831-655-3031

[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% ☎ 685 Cannery Row, Suite 103, Mtry, 831-375-3769

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

[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

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

[Paluca Trattoria](#)-15% (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

[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](#), 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 & 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

[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

[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

[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

[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 Jaliscience](#)-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 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
- [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
- [Yantse'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.BicyclingMonterey.com

- Discounts are on Thursdays year-round, with some [date restrictions](#).
- Discounts apply from 12:00 a.m. to 11:59 p.m. See [night riding tips](#).
- If you cannot bike all the way, you may [bike-and-ride](#) as far as your stamina and schedule permit, and still get HER Helmet Thursdays discounts.
- See [frequently asked questions/FAQs](#). Learn the [goals](#) of the HER Helmet Thursdays project. More questions? [Contact Mari Lynch](#).
- [Additional businesses/organizations are welcome](#). [Sign up online](#) or [phone Mari Lynch](#), 831.375.6278.
- [Invite](#) your favorite places to join HER Helmet Thursdays.
- Spread the good news about bike-friendly Monterey County! Share [posters and fliers](#) about HER Helmet Thursdays and other bike projects and resources.
- Learn [CA bike laws and safety tips](#), including [información en español](#).
- Find biking activities, and special safety tips, for [children and teens](#).

- Find [local bicycle shops and services, rentals, clubs, infrastructure contacts](#).
- Learn [bike security tips](#), [bike parking tips](#), and [where to get bike valet service](#).
- View bike [maps](#); plus tips for [Carmel](#), [Castroville](#), [Salinas](#), [Seaside](#), elsewhere.
- Learn [where else to bike](#) in Monterey County. And find [tips for serious cyclists](#).