

# Do you bike Carmel or Carmel Valley?

Businesses and organizations in the H-E-R Helmet Thursdays Project give discounts to males and females on Thursdays year-round (some date restrictions)

**throughout Monterey County.**

H-E-R Helmet Thursdays is a long-term ecology-economy sustainability project that encourages more bicycling.

**HER** refers to **Mother Earth**, who benefits from more people biking!

And **HER** is an acronym for:

- 🚲 **H**otels, and other lodging
- 🚲 **E**ducational and Entertainment venues
- 🚲 **R**estaurants and related spots

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 anytime on Thursdays (may exclude alcohol).**

**For FAQs, Map, and details on How to Get the Discounts, visit [BikeMonterey.org](http://BikeMonterey.org)**

**Here's the list of Carmel and Carmel Valley's 1<sup>ST</sup> participants!**



List below current as of 10 May 2017. For updates, visit [bikemonterey.org](http://bikemonterey.org).

- 🚲 [400° Gourmet Burgers & Fries](#)
- 🚲 [Allegro Gourmet Pizzeria](#)
- 🚲 [Bagel Bakery](#)
- 🚲 [Café Rustica](#)
- 🚲 [Café Stravaganza](#)
- 🚲 [Cantinetta Luca](#)
- 🚲 [Carmel Bach Festival](#)
- 🚲 [Carmel Belle](#)
- 🚲 [Carmel Coffee](#)
- 🚲 [Carmel Mission Inn](#)
- 🚲 [Carmel River Inn](#)
- 🚲 [Cima Collina Tasting Room](#)
- 🚲 [Corkscrew Cafe](#)
- 🚲 [Courtside Bistro at Chamisal Tennis and Fitness](#)
- 🚲 [Cypress Inn](#)
- 🚲 [De Tierra Vineyards Tasting Room](#)
- 🚲 [Eco Carmel](#)
- 🚲 [El Pescadero](#)
- 🚲 [Forest Lodge](#)
- 🚲 [Forge in the Forest](#)
- 🚲 [From Scratch](#)
- 🚲 [Grasing's](#)
- 🚲 [Heller Estate Organic Vineyards](#)
- 🚲 [Hofsas House Hotel](#)
- 🚲 [Island Taco](#)
- 🚲 [laBalena](#)
- 🚲 [Lamplighter Inn](#)
- 🚲 [Los Laureles Lodge](#)
- 🚲 [Lucia Restaurant & Bar at Bernardus Lodge & Spa](#)
- 🚲 [Lugano Swiss Bistro](#)
- 🚲 [Merlot Bistro](#)
- 🚲 [Plaza Linda Restaurant & Cantina](#)
- 🚲 [PortaBella](#)
- 🚲 [r.g. Burgers](#)
- 🚲 [Rio Grill](#)
- 🚲 [Rosie's Country Store](#)
- 🚲 [Running Iron Restaurant & Saloon](#)
- 🚲 [Scheid Vineyards Tasting Room](#)
- 🚲 [Spa at Bernardus Lodge](#)
- 🚲 [Stirrup Cup Pizza](#)
- 🚲 [Terry's at the Cypress Inn](#)
- 🚲 [Trailside Cafe & Beer Garden](#)

Not online?

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