

This 11-page guide lists participating businesses and organizations as of **12 November 2017**
(NOTE: New sign-ups and other updates are in progress now, in prep for 8th anniversary edition of guide, due out 30 Nov 2017.)

HER HELMET THURSDAYS

🚲 **H**OTELS AND OTHER LODGING

Educational / ENTERTAINMENT SPOTS

🚲 **R**ESTAURANTS AND RELATED PLACES

—PLUS OTHER BUSINESSES AND
ORGANIZATIONS — ALL HELPING

HER / MOTHER EARTH

AND THE ECONOMY
BY GIVING 10-50% DISCOUNTS
IN MONTEREY COUNTY
TO PEOPLE WHO BIKE



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 discount on Thursday night lodging.

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

Get a discount off your total tab (may exclude alcohol)—morning, afternoon, or night on Thursdays.

[FAQS](#) and [Date Restrictions](#) at [BikeMonterey.org](#)

Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for people who bike.

For FAQs, project-wide date restrictions, and other details, go to bikemonterey.org — "[Listings / How to Get the Discounts / FAQs](#)," or [phone 831.375.6278](tel:831.375.6278).

This multi-page Quick Reference Guide lists all participating businesses and organizations in Monterey County.

- **Before claiming discount**, refer to individual participant's listing; access it by clicking their name below. (If viewing print copy of this guide, go to "[HER Helmet Thursdays](#)" section at bikemonterey.org or phone 831.375.6278.)
- Kindly look over the [frequently asked questions / FAQs](#).
- Discounts are on Thursdays year-round, with some [date restrictions](#).
- Discounts apply from 12:00 a.m. to 11:59 p.m. (Make use of [night riding tips](#).)
- To [bike-and-ride](#) and still get a discount, bike as far as your personal stamina, schedule, etc. allow. Examples of how that option works are provided in the [FAQs](#).
- For bike laws, including Monterey County [sidewalk](#) ordinances; riding skills and safety tips; local bike shops and rental locations; and lots more useful info, start with the bottom of this Quick Reference Guide, or go to bikemonterey.org.

This is a long-term project, launched 2009. Businesses and organizations often have staff changes. It may be helpful to have their listing pulled up on your mobile phone screen (or bring a printed guide), just in case a staff person on duty isn't familiar with the project. There is a staff [reference sheet](#) provided, but not all staff may be familiar with it.

The [HER Helmet Thursdays Project](#) was created and [launched](#) in Monterey County in Nov 2009 by a county resident since 1981, Bicycling Monterey [founder](#) Mari Lynch. From 2009-2017, she donated well over 10,000 hours to the Bicycling Monterey website and [projects](#), including HER Helmet Thursdays.

Contributions are welcome and appreciated. See <http://bit.ly/GiveFAQs>.

- **Below are all participating spots.** To search by city or unincorporated community: Type **Control + F** to get a "find" window, then type any name or abbreviated name highlighted here in red: **Big Sur**, Carmel (**Crml**), Carmel Valley (**CV**), Castroville (**Cstrvl**), Corral de Tierra (**CDT**), Gonzales (**Gnzls**), Greenfield (**Grnflld**), King City (**KC**), **Marina**, Monterey (**Mtry**), Moss Landing (**Moss Lndg**), Pacific Grove (**PG**), Pajaro/Royal Oaks (**PJ**), Prunedale (**PD**), Salinas (**Slns**), **San Ardo**, Sand City (**Snd Cty**), Seaside (**SE**), Soledad (**Sldad**).
- **To search by looking over a geographic area:** Use the [venues map](#). It's auto-generated, and most—but not all—of the spots show up correctly on the map.
- **To look over some highlighted cities/communities**, see tips on biking [Big Sur](#), [Carmel, which includes a list of the first Carmel and Carmel Valley HER Helmet Thursdays spots](#), [Castroville \(includes first North County spots\)](#), [Greenfield \(includes first South County spots\)](#), [Salinas](#) and [Seaside](#) (includes their first HER Helmet Thursdays spots).

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[17th Street 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

[Angelina's Pizzeria](#)-10% (Alcohol excluded) ☞ 22736 Portola Dr, Slms, 831-484-1164

[Aquablue Skin & Body Spa](#)-10% ☞ 229 Main St, Slms, 831-422-2500

[Austino'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, Slms, 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

[Big Sur River Inn Restaurant](#)-10% (Alcohol excluded) ☞ Hwy 1 at Pheneger Creek, Big Sur, 831-667-2700

[Birrieria & Restaurant Estilo Coalcoman](#)-10% (Alcohol excluded) ☐ 10500 Merritt St, Cstrvl, 831-831-594-9906

[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 Ariana](#)-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

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[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 House](#)-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, Slns, 831-775-0491

[Crazy Horse Restaurant](#)-10% ☞ 1425 Munras Ave, Mtry, 831-649-4771

[Cypress Inn](#)-30% ☞ Lincoln Ave & 7th Ave, Crml, 800-443-7443

[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 Pescadero](#)-10% (Alcohol excluded) ☞ San Carlos between Ocean & 7th, Crml, 831-624-7400

[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

[Embassy Suites Monterey Bay-Seaside](#)-10% ☞ 1441 Canyon Del Rey, SE, 831-393-1115

[Epsilon Fine Greek Restaurant](#)-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) ☞ 1996 ½ Sunset Drive, PG, 831-375-7107

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- [Fishwife](#)-15% (Alcohol excluded) ☎ 789 Trinity Ave, SE, 831-394-2027
- [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, Slms, 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
- [Ginger Thai Kitchen](#)-10% ☎ 1104 S Main St, Slms, 831-831-422-8424 (831-422-THAI)
- [Gino's](#)-10% (Alcohol excluded) ☎ 1410 S Main St, Slms, 831-422-1814
- [Golden Fish](#)-15% ☎ 221 Main St, Slms, 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, Slms, 831-754-1488
- [Guadalajara Grill](#)-15% ☎ 1334 S. Main St., Slms, 831-754-0400
- [Hacienda Mexican Grill](#)-10% (Alcohol excluded) ☎ 1449 N. Davis Rd, Slms, 831-424-6400
- [Hahn SLH Estate Winery](#)-15% ☎ 37700 Foothill Rd, Sldad, 831-678-4555
- [Halē Kai Lana Kona Coffee](#)-30% ☎ 542 Ortiz Ave, Ste 1, Snd Cty, 831-394-5662
- [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 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
- [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

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[Knuckles Sports Bar at Hyatt Regency](#)-10% (Alcohol excluded) ☞ 1 Old Golf Course Rd, Mtry, 831-657-6625

[Krua Thai](#)-20% ☞ 731 Munras Ave, Mtry, 831-655-9797

[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, Grnflld, 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

[Lamp Lighter Inn](#)-30% ☞ SE Corner of Ocean Ave & Camino Real, Crml, 831-624-7372

[Layers](#)-10% ☞ 9 Soledad Dr, Ste A, Mtry, 831-655-1544

[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

[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

[Lucia Restaurant & Bar at Bernardus Lodge & Spa](#)-10% (Alcohol excluded) ☞ 415 Carmel Valley Rd, CV, 831-658-3400

[Lugano Swiss Bistro](#)-15% (Alcohol excluded) ☞ 3670 The Barnyard, Crml, 831-626-3779

[Luigi's Italian Restaurant](#)-10% ☞ 346 Alta St, Gnzls, 831-675-7800

[Mariscos Nayarita](#)-10% ☞ 10624 Merritt St, Cstrvl, 831-632-

[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

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[Michael's Grill and Taqueria](#)-10% (Alcohol excluded) 🚲 321 Main St, Slms, 831-754-8917

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

[Montellose 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

[Monterey Tides](#)-20% 🚲 2600 Sand Dunes Dr, Mtry, 800-605-7650

[Motel 6 Castroville](#)-10% 🚲 10341 Merritt St, Cstrvl, 831-633-3300

[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, Slms, 831-424-4540

[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, 831-375-3769

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

[Namaste India Bistro](#)-15% (Alcohol excluded) 🚲 538 Lighthouse Ave, Mtry, 831-641-0130

[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

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

[Pacific Grove Museum of Natural History's Museum Store](#)-10% 🚲 165 Forest Ave, PG, 831- 648-5716

[Paluca Trattoria](#)-10% (Alcohol excluded) 🚲 6 Wharf #1, Mtry, 831-373-5559

[Paraiso Vineyards](#)-10% 🚲 38060 Paraiso Springs Rd, Sldad, 831-678-0300

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[Parker-Lusseau Pastries](#)-10% 🚲 539 Hartnell St, Mtry,
831-641-9188

[Parker-Lusseau Pastries](#)-10% 🚲 731 Munras Ave, Mtry,
831-643-0300

[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 Juice Bar 'n' Eatery](#)-15% 🚲 8059 San Miguel Canyon Rd, PD, 831-269-3337

[Perfectly Pressed Juice Bar 'n' Eatery](#), Marina-15% 🚲 3158 Del Monte Ave, Marina,
831-998-8770

[Perfectly Pressed Juice Bar 'n' Eatery](#)-15% 🚲 961 W. Alisal St, Slns, 831-998-8770

[Perfectly Pressed at the Press Club](#)-15% 🚲 668 Williams Ave, SE, 831-901-3900

[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

[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% 🚲 150 S Main St, Ste116, 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

[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

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[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 Cattlemen 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](#)-10% 🚲 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 El Kiosko](#)-10% (Alcohol excluded) 🚲 1502 Constitution Blvd, Slns, 831-444-7980

[Taqueria El Kiosko](#)-10% (Alcohol excluded) 🚲 8 Williams Rd, Slns, 831-424-6211

[Taqueria la Arrolladora](#)-10% (Alcohol excluded) 🚲 1002 Del Monte Ave, Ste A, Slns, 831-758-3747

[Taqueria Zarape](#)-10% (Alcohol excluded) 🚲 1107 Fremont Blvd, SE, 831-899-1125

[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

Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for people who bike.

For FAQs, project-wide date restrictions, and other details, go to bikemonterey.org — "[Listings / How to Get the Discounts / FAQs](#)," or [phone 831.375.6278](tel:831.375.6278).

[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

[Vietnam Restaurant](#)-15% 🚲 721 Broadway St, KC, 831-386-9256

[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

[Wild Plum Café & Bakery](#)-10% 🚲 731 Munras Ave, Mtry, 831-646-3109

[The WindMill](#)-10% 🚲 1167 Front St, Sldad, 831-678-1775

[Work Horse Bicycles](#)-10% 🚲 486 Washington St, Mtry, 831-375-2144

[Yangtse'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



BikeMonterey.org

Links about The HER Helmet Thursdays Project

- ✓ [Quick Links](#) to HER Helmet Thursdays, including audio and video intros, project history, and more.
- ✓ Businesses or organizations that wish to join the project: [sign up online](#), or phone (see <https://bit.ly/ContactMari>).
- ✓ [Invite](#) your favorite places to join HER Helmet Thursdays.
- ✓ Share [posters](#) and [fliers](#) about HER Helmet Thursdays and other local bicycling resources.
- ✓ Like to see window decals at all HER Helmet Thursdays locations? Prefer this HER Helmet Thursdays Quick Reference Guide in a Pocket Guide format? HER Helmet Thursdays has been provided 2009-2017 by an unpaid volunteer. To help with this grassroots effort, consider whether you can [contribute](#) or [volunteer](#). Thank you.

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Also at www.BikeMonterey.org

- ❖ Learn [CA bike laws, riding skills, safety tips](#).
- ❖ Learn [biking-on-sidewalks regulations for various Monterey County cities and unincorporated areas](#) (sidewalk rules vary around the state and county). Learn about [sidewalks and safety](#) too.
- ❖ [Bicycle security](#) (theft prevention) tips, [bike parking tips, including valets](#).
- ❖ Bike [maps](#); plus tips on [where to bike](#) in Monterey County.
- ❖ Tips for [bike fashionistas](#), and biking to more elegant venues.
- ❖ Find things to do, plus other dates of interest, on the [Master Calendar](#) for Bicycling Monterey County.
- ❖ Directory of Monterey County [bike community leaders and resources](#).
- ❖ [Children and teens](#) section, [bike-to-school for elementary, middle high schools](#), and tips for [college students](#) too.