This guide lists participating businesses and organizations as of **24 November 2015.**

# HER Helmet Thursdays

## HOTEL

## EDUCATIONAL / ENTERTAINMENT

## RESTAURANT

## Discounts in Monterey County

**For Males and Females, Visitors and Locals**

An Ecology-Economy Sustainability Project, Established 2009, to Encourage Bicycling

**Discounts at hundreds of H-E-R spots—**

- **H**otels, and other lodging
- **E**ducational / Entertainment and related spot
- **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 10 to 50% 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 10 to 50% discount on Thursday off your total tab (may exclude alcohol).***

**FAQS and Date Restrictions at BikeMonterey.org**

## 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 by clicking on their names below. (If viewing a print copy of this guide, go to "H-E-R Helmet Thurs INFO" section at bikemonterey.org or **call 831.375.6278**.)
- Please look over the frequently asked questions / FAQs or call 831.375.6278.
- 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 and schedule 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.

A public service, The HER Helmet Thursdays Project was launched in Monterey County in Nov 2009, with participating businesses and organizations and people who bike paying no fee to participate. Project founder and coordinator, Mari Lynch, is a resident of rural Monterey County since 1981. The project's success is due to community involvement. Contact Mari to offer help.

**Contributions and volunteers are appreciated.**

# *Thank you for biking in Monterey County!*

- **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 ***(Grnfld)***, 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 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).

**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, Slns, 831-484-1164
**Aquablue Skin & Body Spa**-10% 229 Main St, Slns, 831-422-2500
**Artichoke Inn**-10% 10341 Merritt St, Cstrvl, 831-633-3300
**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, Slns, 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
**Best Western Plus Beach Resort Monterey**-20% 2600 Sand Dunes Dr, Mtry, 800-605-7650
**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
**Bistro Abrego**-20% (Alcohol excluded) 755 Abrego St, Mtry, 831-372-7551
**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
**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
**Cozumel**-10% (Alcohol excluded) 1447 N Main St, Slns, 831-442-2854
**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 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

**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% 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
**G's Tacos**-20% 120 Salinas Rd, Royal Oaks (PJ), 831-750-4946 or 724-1420
**Ginger Thai Kitchen**-10% 1104 S Main St, Slns, 831-831-422-8424 (831-422-THAI)
**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
**Googie Grill**-10% 1520 Del Monte Blvd, SE, 831-392-1520
**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
**Hacienda Mexican Grill**-10% (Alcohol excluded) 1449 N. Davis Rd, Slns, 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 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
**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
**Kai Lee Creamery**-10% 125 Ocean View Blvd, #128, PG, 831-324-4043
**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, Grnfld, 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

**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

**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

**Michael's Grill and Taqueria**-10% (Alcohol excluded) 321 Main St, Slns, 831-754-8917

**Mi Tierra**-10% 129 Main St, Slns, 831-422-4631

**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

**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% 840 Broadway Ave, Ste B5, SE, 831-375-3769
**MYO Pure Frozen Yogurt**-20% 1091 South Main St, Slns, 831-759-9769
**Namaste India Bistro**-15% (Alcohol excluded) 538 Lighthouse Ave, Mtry, 831-641-0130
**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
**Old Monterey Inn**-10% (Alcohol excluded) 500 Martin St, Mtry, 831-375-8284
**Other Side-**15% 724 Abrego St, Mtry, 831-372-1032
**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
**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
**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
**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, Slns, 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
**Red's Burger Joint**-10% 1220 S. Main St, Slns, 831-975-4757
**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
**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, 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 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
**Sarita's, the Original**-10% 21 Soledad Drive, Mtry, 831-350-0555

**Scheid Vineyards Estate Winery and Tasting Room**-15% 1972 Hobson Ave, Grnfld, 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**-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, 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 Jaliscience**-10% (Alcohol excluded) 505 East Alisal, Slns, 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, Slns, 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 & Beer Garden** -10% 3 Del Fino Place, CV, 831-831-298-7453
**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
**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
**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
**Yangtse's Taste of Thai**-10% (Alcohol excluded) 328 Main St, Slns, 831-754-2223
**Zeph's One-Stop**-10% 1366 South Main St, Slns, 831-757-3947

*See next page for tips and related information.*

## Links about The HER Helmet Thursdays Project

- ✓ Quick Links to HER Helmet Thursdays.
- ✓ Like to see window decals at all HER Helmet Thursdays locations? Prefer this HER Helmet Thursdays Quick Reference Guide in a Pocket Guide format? This is a long-term project. Volunteers and contributions are needed and appreciated.
- ✓ More businesses/organizations welcome. Sign up online call 831.375.6278.
- ✓ Invite your favorite places to join HER Helmet Thursdays.
- ✓ Share posters and fliers re HER Helmet Thursdays and local bike resources.

## Also at BikeMonterey.org

- ❖ Find things to do on Master Calendar for Bicycling Monterey County, where you'll also find the newest HER Helmet Thursdays participants highlighted.
- ❖ Learn CA bike laws, local sidewalk ordinances, riding skills, safety tips.
- ❖ Bicycle security (theft prevention) tips, bike parking tips, including valets.
- ❖ Bike maps; plus tips on where to bike in Monterey County.

- ❖ Get tips for bike fashionistas, and biking to more elegant venues.
- ❖ 32-section guide to local bike community leaders and resources.
- ❖ Children and teens section, bike-to-school for elementary, middle high schools. Tips for college students and serious cyclists too.