

Do you bike SALINAS?

Businesses and organizations in The H-E-R Helmet Thursdays Project give discounts to males and females, locals and visitors, on Thursdays year-round, *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 a one-day or longer bicycle 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 Thursday. (Alcohol may be excluded.)

Listings, Map, FAQs at BikeMonterey.org

More biking tips: <http://bit.ly/bikesalinas>
Not online? Call (831) 375-6278

Discounts available at over 200 participating businesses and organizations countywide.

Here are the first HER Helmet Thursdays spots in **SALINAS**

-  [Aquablue Skin & Body Spa](#)
-  [Angelina's Pizzeria](#)
-  [The Bakery Station](#)
-  [Courtyard by Marriott](#)
-  [Cozumel](#)
-  [Elli's Great American Dinner House](#)
-  [El Zacatecano Restaurant](#)
-  [First Awakenings](#)
-  [Fox California Theater](#)
-  [Ginger Thai Kitchen](#)
-  [Gino's Fine Italian](#)
-  [Golden Fish](#)
-  [Grower's Pub](#)
-  [Guadalajara Grill](#)
-  [Hacienda Mexican Grill](#)
-  [La Plaza Bakery & Cafe, East Salinas-Bardin Rd](#)
-  [La Plaza Bakery & Cafe, East Salinas-N. Sanborn Rd](#)
-  [La Plaza Bakery & Cafe, West Salinas](#)
-  [LALLA Lounge](#)
-  [Mi Tierra Restaurant](#)
-  [Michael's Grill and Taqueria](#)
-  [Mountain Mike's Pizza, 931 W. Alisal](#)
-  [MYO Pure Frozen Yogurt](#)
-  [National Steinbeck Center](#)
-  [Noodle House](#)
-  [Perfectly Pressed Juice Bar 'n' Eatery](#)
-  [Portobello's Rotisserie Cafe](#)
-  [Red's Burger Joint](#)
-  [Residence Inn by Marriott](#)
-  [Rollick's Specialty Coffee and Internet](#)
-  [Rosita's Armory Cafe](#)
-  [Steinbeck House](#)
-  [Tacos El Jalisciense, 505 E. Alisal \(Alisal at Madeira\)](#)
-  [Taqueria la Arrolladora](#)
-  [Yangtse's Taste of Thai](#)

Above list current as of 13 September 2015.

**Learn more about The HER Helmet Thursdays Project,
along with other tips on bicycling in Salinas and all of Monterey County:**

BikeMonterey.org