

# *Tips for* ***Bicycling*** ***Monterey County***

- ✓ **Routes, maps, suggested rides** for various fitness levels and time frames
- ✓ **Bike-and-ride options:** the bus—and other transportation—for people and their bikes
- ✓ **Riding skills, safety, and CA bike laws** for children, teens, and adults
- ✓ **Bike parking**—DIY and valet tips
- ✓ **Bike security** /theft prevention
- ✓ **Calendar** of local bike activities and events
- ✓ **Local bike shops, rentals, and other services**
- ✓ **Group rides, clubs, un/school bike teams**
- ✓ **Advocacy, infrastructure, volunteer ops**
- ✓ **And much more, for all styles of riders**

*Información en español sobre las bicicletas:*  
<http://marilynch.com/blog/resources/en-espanol>

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## ***HER Helmet Thursdays***

**For males and females, visitors and locals.**

**Discounts because you bike in Monterey County!**

**Bike?** Get a 10-50% discount. **When?** Thursdays. **Why?** Be a partner in sustaining **HER**/Mother Earth and the economy. **H-E-R** also stands for: H=**H**otels/other lodging; E=**E**ntertainment venues *and* **E**ducational attractions; R=**R**estaurants and related spots. **How?** At **H** places, BYOB/Bring Your Own Bike *or* rent a bike for a day or longer from any Monterey County shop. At **E & R** spots, bike there; show your helmet, mention HER Helmet Thursdays. **Where?** At **H-E-R** businesses and organizations countywide—Big Sur, Carmel, Carmel Vly, Castroville, Corral de Tierra, Gonzales, Greenfield, King City, Marina, Monterey, Moss Landing, Pacific Grove, Salinas, San Ardo, Sand City, Seaside, Soledad. **See FAQs on website.**

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**BikeMonterey.org**  **(831)375-6278**

**Information Hub for Biking Monterey County and Home of the HER Helmet Thursdays Project**

A public service project founded 2009 by county resident Mari Lynch, in partnership with the community.