

10th Anniversary Edition

This 10-page guide lists participating businesses and organizations as of 31 December 2019.

HER HELMET THURSDAYS

🚲 **H**OTELS AND OTHER LODGING
🚲 **E**ducational AND ENTERTAINMENT SPOTS
🚲 **R**ESTAURANTS—AND OTHER PLACES—
HELPING

HER / MOTHER EARTH

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



🚲 For **hotels and other lodging**, BYOB / bring your own bike,
or show receipt for a one-day or longer bicycle rental from any
[Monterey County rental location](#).

Get a discount on Thursday night [lodging!](#)

🚲 For **all other places**, 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!*

SEE [FAQS](#) AT BIKEMONTEREY.ORG

Businesses and organizations participating in HER Helmet Thursdays provide 10-50% discounts on Thursdays for people who bike. See "[Listings / How to Get the Discounts / FAQs](#)" on bikemonterey.org.
Questions? Voice calls welcome: <https://bikemonterey.org/contact-me>.

This 10-page guide lists all participating businesses and organizations in Monterey County.

BEFORE CLAIMING DISCOUNT: (1) Read the participant's listing. To access it, click their name below—or if viewing a printed version of this guide, go to "[HER Helmet Thursdays](#)" section at bikemonterey.org. (2) Check out the [frequently asked questions / FAQs](#).

- Discounts are on Thursdays year-round, with just a few [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](#). Pedaling an e-assist bicycle is fine too.
- For bike laws, including Monterey County [sidewalk](#) ordinances; riding skills and safety tips; local bike shops and rental locations; and lots more useful info, refer to the links at the bottom of this guide (resources on <https://bikemonterey.org>).

NOTE: This is a long-term project launched Nov 2009. Businesses and organizations are provided a staff [reference sheet](#) when they sign up, with annual updates available. However, many have staff changes, and some staff may be unfamiliar with this project. **It may be helpful** to have the establishment's listing pulled up on your mobile phone screen (or bring a printed guide), so you are prepared to graciously show their listing if staff is unfamiliar.

[The HER Helmet Thursdays Project](#) was created and launched in Monterey County by an unpaid volunteer, Bicycling Monterey's [founder](#), a county resident since 1981. For over a decade, as a public service, the founder has donated well over 12,000 hours to this and other Bicycling Monterey projects.

Contributions in any amount are welcome and appreciated: <https://bikemonterey.org/about/financial-donations>.

Questions? <https://bikemonterey.org/contact-me> - Voice calls welcome: 831.375.6278

Below are all participating spots. To search by city or unincorporated community using your browser's find window, 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 (**Grnfl**), **Marina**, Monterey (**Mtry**), Moss Landing (**Moss Lndg**), Pacific Grove (**PG**), Pajaro/Royal Oaks (**PJ**), 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, so most—but not all—of the spots show up correctly on the map.

[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

[Austino's Patisserie](#)-25% 🚲 851 Cannery Row, Mtry, 831-655-5015

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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

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

Billy Quon's Sur-15% 🚲 3601 The Barnyard, Crml, 831-250-7188

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

Bobcat Bicycles-10% 🚲 141 Monterey St, Slms; 831-753-7433

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

The C restaurant + bar-15% (Alcohol excluded) 🚲 750 Cannery Row, Mtry, 831-375-4800

Café Ariana-10% 🚲 543 Lighthouse Ave, PG, 831-920-1381

Café Fina-10% 🚲 47 Fisherman's Wharf #1, Mtry, 831-372-5200

Café Rustica-15% 🚲 10 Delfino Place, CV, 831-659-4444

California Pizza Kitchen-20% 🚲 1100 Del Monte Center, Mtry, 831-375-4975

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 House and Roasting Company-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

Coastal Valley Inn-10% 🚲 10341 Merritt St, Cstrvl, 831-633-3300

Cooper's Pub & Restaurant-15% (Alcohol excluded) 🚲 653 Cannery Row, Mtry, 831-373-1353

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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

Dali Expo at the Museum of Monterey-50% 🚲 5 Custom House Plaza, Mtry, 831-372-2608

DC-10 Doug Chandler Performance-10% 🚲 517 Abbott, Slns, 831-422-3270

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

Downtown Book & Sound-10% 🚲 222 Main Street, Slns, 831-477-6700

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 by Hilton-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

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

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, 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)

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- [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
- [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
- [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
- [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

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[La Sala's Bi-Rite Deli](#)-10% 🚲 250 Casa Verde Way, Mtry, 831-372-6824

[LALLA Lounge](#)-10% 🚲 1250 S. Main St, Slms, 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

[Marina Cycle & Skate](#)-10% 🚲 214 Reservation Rd, Marina, 831-384-2453

[Mariscos Nayarita](#)-10% 🚲 10624 Merritt St, Cstrvl, 831-632-2430

[Mariscos Puerto Nuevo](#)-10% (Alcohol excluded) 🚲 530 Broadway Ave, SE, 831-583-0411

[Mariscos Puerto Nuevo](#)-10% (Alcohol excluded) 🚲 3022 H Dela Rosa Sr St, Sldad, 831-678-9234

[Massa Estate Organic Vineyards](#)-15% 🚲 69 W. Carmel Valley Rd, CV, 831-659-6220

[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

[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

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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

Mountain Mike's Pizza-20% (Alcohol excluded) 🚲 266 Reservation Rd, Marina, 831-883-2242

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

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

The Oven Pizzeria-15% (Alcohol excluded) 🚲 720 Broadway, SE, 831-899-1762

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

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

Peninsula Bike Works-15% 🚲 1271 10th St, Suite C, Mtry, 831-643-2453

Peppers Mexicali Café-15% (Alcohol excluded) 🚲 170 Forest Ave, PG, 831-373-6892

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

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

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- [PortaBella](#)-15% 🚲 Ocean Ave between Lincoln and Monte Verde, Crml, 831-624-4395
- [Portobello's](#) -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% 🚲 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, Slms, 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
- [Rooster Wheels Bike Shop](#)-20% 🚲 3056 Del Monte Blvd, #201, Marina, 831-582-2453
- [Rosine's](#)-10% (Alcohol excluded) 🚲 434 Alvarado St, Mtry, 831-375-1400
- [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, Grnfl, 831-386-0316
- [Scheid Vineyards Tasting Room](#) -15% 🚲 7th & San Carlos, Crml, 831-620-WINE
- [Schooners Coastal Kitchen](#)-20% 🚲 400 Cannery Row, Mtry, 831-646-170
- [Silver Tide Bar & Grill at Embassy Suites](#)-10% 🚲 1441 Canyon Del Rey, SE, 831-393-1115
- [Silver Tide Coffee & Trading at Embassy Suites](#)-10% 🚲 1441 Cyn Del Rey, SE, 831-393-1115
- [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, Slms, 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

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[Tacos El Jalisciense](#)-10% (Alcohol excluded) 🚲 118 S. Alta, Gnzls, 831-675-3634
[Tacos El Jalisciense](#)-10% (Alcohol excluded) 🚲 505 East Alisal, Slms, 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, Slms, 831-444-7980
[Taqueria El Kiosko](#)-10% (Alcohol excluded) 🚲 8 Williams Rd, Slms, 831-424-6211
[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
[Tidal Coffee](#)-20% 🚲 400 Cannery Row, Mtry, 831-645-4030
[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) 🚲 1301 Fremont Blvd, SE, 831-899-1010
[TusCA Ristorante at Hyatt Regency](#)-10% (Alcohol excluded) 🚲 1 Old Golf Course Rd, Mtry, 831-657-6675
[Valley Bikes](#)-20% 🚲 64 W. Alisal St, Slms, 831-422-3453
[Vista Blue Spa at Monterey Plaza Hotel](#)-20% 🚲 400 Cannery Row, Mtry, 831-646-1700
[Wild Plum Café & Bakery](#)-10% 🚲 731 Munras Ave, Mtry, 831-646-3109
[Winning Wheels Bicycle Shop](#)-10% 🚲 318 Grand Ave, PG, 831-375-4322
[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

***Check out the bicycling resources
on the last page of this guide.***



Businesses and organizations participating in HER Helmet Thursdays provide 10-50% discounts on Thursdays for people who bike. See "[Listings / How to Get the Discounts / FAQs](#)" on bikemonterey.org.
Questions? Voice calls welcome: <https://bikemonterey.org/contact-me>.

Links about The HER Helmet Thursdays Project

- ✓ HER Helmet Thursdays audio and video intros, project history, and more: <https://bikemonterey.org/her-helmet-thursdays>.
- ✓ Staff Reference Sheet for participating businesses and organizations: <https://bikemonterey.org/her-helmet-thursdays/for-business-organizations/staff-reference-sheet-her-helmet-thursdays>.

Also at <https://bikemonterey.org>

- ❖ [California bicycle laws, riding skills, safety tips](#).
- ❖ E-bike regulations in Monterey County: <https://bikemonterey.org/regulations-for-e-bikes-electric-assist-bicycles-and-other-non-people-powered-bikes-in-monterey-county-and-elsewhere.html>
- ❖ Sidewalk rules vary around California, and even within the county; see [biking-on-sidewalks regulations for various Monterey County cities and unincorporated areas](#).
- ❖ Learn about [sidewalks and safety](#) too.
- ❖ [Bicycle security](#) (theft prevention) tips.
- ❖ [Bike parking tips, including valets](#).
- ❖ Tips for [bike fashionistas](#), and biking to more elegant venues.
- ❖ Shopping by bike, including for Thursday discounts: <https://bikemonterey.org/bike-to-shop.html>.
- ❖ Local [Bicycle Shops](#) and [Bicycle Rentals](#).
- ❖ Bike [maps](#); plus tips on [where to bike](#) in Monterey County.
- ❖ Explore the directory of Monterey County [bike community leaders and resources](#).
- ❖ Share [posters and fliers](#), bike law summaries and more.

Thank you for bicycling in Monterey County!