HER HELMET THURSDAYS

.hotels and other lodging
.educational and entertainment spots
.restaurants—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 print version of this guide, access the online guide via the “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 a fine option 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 (Crnl), Carmel Valley (CV), Castroville (Cstrvl), Corral de Tierra (CDT), Gonzales (Gnzls), Greenfield (Grnfld), 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).

Abalonetti-10% ☎️ 57 Fisherman's Wharf, Mtry, 831-373-1851
Allegro Gourmet Pizzeria-20% ☎️ 3770 The Barnyard, Crnl, 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
Baan Thai-10% (Alcohol excluded) ☎️ 1760 Fremont Blvd - # F1, SE, 831-394-2996
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.

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
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, Slns; 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
Corkscrew Cafe-10% (Alcohol excluded) 55 West Carmel Valley Rd, CV, 831-659-1050
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<table>
<thead>
<tr>
<th>Name</th>
<th>Discount</th>
<th>Address and Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courtside Bistro at Chamisal Tennis and Fitness</td>
<td>10%</td>
<td>185 Robley Rd, CDT, 831-484-600</td>
</tr>
<tr>
<td>Courtyard by Marriott</td>
<td>15%</td>
<td>17225 El Rancho Way, Slns, 831-775-0491</td>
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<tr>
<td>Crazy Horse Restaurant</td>
<td>10%</td>
<td>1425 Munras Ave, Mtry, 831-649-4771</td>
</tr>
<tr>
<td>Cypress Inn</td>
<td>30%</td>
<td>Lincoln Ave &amp; 7th Ave, Crml, 800-443-7443</td>
</tr>
<tr>
<td>Dali Expo at the Museum of Monterey</td>
<td>50%</td>
<td>5 Custom House Plaza, Mtry, 831-372-2608</td>
</tr>
<tr>
<td>DC-10 Doug Chandler Performance</td>
<td>10%</td>
<td>517 Abbott, Slns, 831-422-3270</td>
</tr>
<tr>
<td>De Tierra Vineyards Tasting Room</td>
<td>15%</td>
<td>Mission &amp; 5th, Crml, 831-754-3176</td>
</tr>
<tr>
<td>Deliciosos Tacos Castroville</td>
<td>10%</td>
<td>11576 Merritt St, Cstrvl, 831-632-0386</td>
</tr>
<tr>
<td>Domenico's On the Wharf</td>
<td>10%</td>
<td>50 Fisherman's Wharf #1, Mtry, 831-372-3655</td>
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<tr>
<td>Downtown Book &amp; Sound</td>
<td>10%</td>
<td>222 Main Street, Slns, 831-477-6700</td>
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<tr>
<td>East Village Coffee Lounge</td>
<td>20%</td>
<td>498 Washington St, Mtry, 831-373-5601</td>
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<tr>
<td>Eco Carmel</td>
<td>10%</td>
<td>2 SW of 7th on San Carlos, Crml, 831-624-1222</td>
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<tr>
<td>El Pescadero</td>
<td>10%</td>
<td>San Carlos between Ocean &amp; 7th, Crml, 831-624-7400</td>
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<tr>
<td>El Torito</td>
<td>20%</td>
<td>600 Cannery Row, Mtry, 831-373-0611</td>
</tr>
<tr>
<td>El Zacatecano Restaurant</td>
<td>10%</td>
<td>655 E Alisal St, Slns, 831-240-0086</td>
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<tr>
<td>Embassy Suites Monterey Bay by Hilton</td>
<td>10%</td>
<td>1441 Canyon Del Rey, SE, 831-393-1115</td>
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<tr>
<td>Epsilon Fine Greek Restaurant</td>
<td>15%</td>
<td>422 Tyler St, Mtry, 831-655-8108</td>
</tr>
<tr>
<td>Erik's DeliCafé</td>
<td>10%</td>
<td>840 Broadway Ave, Ste B-1, SE, 831-393-1818</td>
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<tr>
<td>First Awakenings</td>
<td>10%</td>
<td>125 Oceanview Blvd, PG, 831-372-1125</td>
</tr>
<tr>
<td>First Awakenings</td>
<td>10%</td>
<td>171 Main St, Slns, 831-784-1125</td>
</tr>
<tr>
<td>Fishwife</td>
<td>15%</td>
<td>1996 ½ Sunset Drive, PG, 831-375-7107</td>
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<tr>
<td>Fishwife</td>
<td>15%</td>
<td>789 Trinity Ave, SE, 831-394-2027</td>
</tr>
<tr>
<td>Fly Away Café and Bar</td>
<td>15%</td>
<td>200 Fred Kane Dr., #201, Mtry, 831-373-1232</td>
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<tr>
<td>Forest Lodge</td>
<td>30%</td>
<td>Ocean Ave at Torres and Mt. View, Crml, 831-624-7372</td>
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<tr>
<td>Forge in the Forest</td>
<td>10%</td>
<td>5th and Junipero, Crml, 831-624-2233</td>
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<tr>
<td>Fox California Theater</td>
<td>10%</td>
<td>241 South Main St, Slns, 831-758-8459</td>
</tr>
<tr>
<td>From Scratch</td>
<td>10%</td>
<td>3626 The Barnyard, Crml, 831-625-2448</td>
</tr>
<tr>
<td>G's Tacos</td>
<td>20%</td>
<td>120 Salinas Rd, Royal Oaks (PJ), 831-750-4946 or 724-1420</td>
</tr>
<tr>
<td>Ginger Thai Kitchen</td>
<td>10%</td>
<td>1104 S Main St, Slns, 831-831-422-8424 (831-422-THAI)</td>
</tr>
</tbody>
</table>
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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

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, Gmfl, 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
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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
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, 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-Pacific Street-50% (Alcohol excluded) 559 Pacific St, Mtry, 831-372-5477
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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
PortaBella-15%  Ocean Ave between Lincoln and Monte Verde, Crml, 831-624-4395
Portobello’s -15%  150 S Main St, Ste116, 831-753-0797
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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, 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
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, Grnfld, 831-386-0316
Scheid Vineyards Tasting Room-15% 📍 7th & San Carlos, Crml, 831-620-WINE
Schooners Coastal Kitchen-20% 📍 400 Cannery Row, Mtry, 831-646-170
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, 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
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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 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, Slns, 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, Slns, 831-754-2223
Zeph’s One-Stop-10% 1366 South Main St, Slns, 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.
❖ 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!