

Discounts just because you bike in Monterey County! For **males and females**, locals and visitors.

# HER Helmet Thursdays

**Bike**, and get a 10-50% discount. **When?** Thursdays. **Why?** Be a partner in sustaining **HER**/Mother Earth and the economy. **Where?** At **H-E-R** businesses and organizations throughout the county—in Big Sur, Carmel, Carmel Valley, Castroville, Del Rey Oaks, Gonzales, Greenfield, Marina, Monterey, Moss Landing, Pacific Grove, Salinas, San Ardo, Sand City, Seaside, Soledad. **H-E-R stands for:** H=Hotels/other lodging; E=Entertainment venues and Educational attractions; R=Restaurants/other food and beverage service. **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** places, bike there; then show your helmet, and mention **HER Helmet Thursdays**.



**Here are the Charter Participants!** Details and **additional participants** at [BicyclingMonterey.com](http://BicyclingMonterey.com).

- |                                 |                                   |                                     |                               |
|---------------------------------|-----------------------------------|-------------------------------------|-------------------------------|
| Allegro                         | Forest Lodge                      | Michael's Grill & Taqueria, Salinas | The Spa at Bernardus Lodge    |
| Alternative Café                | Forge in the Forest               | Monterey Fireside Lodge             | Sweet Elena's Bakery & Café   |
| Amir's Kabob House              | Fox California Theater            | Monterey Hostel                     | Taqueria del Mar              |
| Aquablue Spa                    | Gilbert's Seafood Grill           | Monterey Hotel                      | Taste Café & Bistro           |
| Austino's Patisserie            | Gino's Fine Italian               | Mountain Mike's Pizza, Marina       | Terry's at the Cypress Inn    |
| Bahama Island Steakhouse        | Golden Fish                       | Mountain Mike's, W. Alisal, Salinas | Toasties Café                 |
| Baywood Cellars Tasting Room    | Great Wall Chinese                | MY Museum                           | Trailside Café                |
| Big Sur River Inn Restaurant    | Happy Dragon                      | National Steinbeck Center           | Turtle Bay Taqueria, Monterey |
| Britannia Arms                  | Haute Enchilada                   | Papa Chevo's, Monterey              | Turtle Bay Taqueria, Seaside  |
| Breakfast Club                  | Henry's BBQ                       | Parker-Lusseau, Hartnell, Mtry      | Vista Blue Spa                |
| Bullwacker's                    | Hola by the Sea                   | Parker-Lusseau, Munras, Mtry        | Wickets at Bernardus Lodge    |
| Café Fina                       | Hula's Island Grill & Tiki Room   | Passionfish                         | Wild Plum Café & Bakery       |
| Café La Strada                  | InterContinental The Clement Mtry | Pepper's Mexicali Café              | Will's Fargo                  |
| Café Rustica                    | Island Taco                       | Persian Grill                       | Yangtze's Taste of Thai       |
| Cantinetta Luca                 | Jabberwock Inn                    | Petra                               |                               |
| Carmel Belle                    | Jose's Lounge Underground         | Pico de Gallo                       |                               |
| Carmel Mission Inn              | Jose's Mexican, Monterey          | Pierce Ranch Vineyards              |                               |
| Carmel River Inn                | Jose's Mexican, Seaside           | Pino's Café                         |                               |
| Central Texan BBQ               | Koko's Café                       | Plaza Linda                         |                               |
| China Garden                    | Krua Thai Café                    | Plume's Coffee House                |                               |
| Courtyard by Marriott           | Kula Ranch                        | Point Pinos Grill                   |                               |
| Cozumel                         | LALLA Lounge                      | PortaBella, Carmel                  |                               |
| Curly's Barbecue                | LALLAgrill                        | Red Brick Pizza, DRO                |                               |
| Cypress Inn                     | LALLApalooza                      | Residence Inn by Marriott           |                               |
| Domenico's On the Wharf         | La Plaza Bakery & Café            | r.g. Burgers, Carmel                |                               |
| East Village Coffee Lounge      | (all 6 La Plaza locations)        | r.g. Burgers, Monterey              |                               |
| El Mariachi Restaurante         | La Sala's Bi-Rite Deli            | Rosa's La Villa Restaurante         |                               |
| El Palomar                      | Lamp Lighter Inn                  | Rosie's Country Store               |                               |
| El Torito                       | Le St. Tropez                     | Round Table, Castroville            |                               |
| Elli's Great American           | Lemon Grass                       | Sakura Japanese                     |                               |
| Em Le's                         | London Bridge Pub                 | Salinas Valley Fish House           |                               |
| Epsilon                         | Loose Noodle                      | San Ardo Café                       |                               |
| Erik's Delicafé, Monterey       | Lopez Taqueria                    | Sanctuary Beach Resort              |                               |
| Erik's Delicafé, Seaside        | Los Laureles Lodge                | Sandbar & Grill                     |                               |
| Favaloro's Big Night Bistro     | LouLou's Griddle in the Middle    | Sapporo Japanese                    |                               |
| First Awakenings, Pacific Grove | Maha's Lebanese Cuisine           | Scheid Vineyards, Greenfield        |                               |
| First Awakenings, Salinas       | Marisco's, Seaside                | Scheid Vineyards, Carmel            |                               |
| Fishwife, Monterey              | Marisco's, Soledad                | Schooners Bistro on the Bay         |                               |
| Fishwife, Pacific Grove         | Merlot Bistro                     | 17 <sup>th</sup> Street Grille      |                               |

**Thank you,  
Charter Participants.**

Above are the first 100.  
By May 2012, there are over  
200 participants. See website  
[listings of all](http://BicyclingMonterey.com), plus FAQs.



[Add your business or organization](http://BicyclingMonterey.com) to this long-term ecology-economy sustainability project.

**Questions?**

Call [Mari Lynch](http://BicyclingMonterey.com),  
**(831) 375-6278**.

# BicyclingMonterey.com