

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 [Bicycling Monterey.com](http://BicyclingMonterey.com).

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|---------------------------------|-------------------------------------|-------------------------------------|--|
| Allegro | 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 | Gino's Fine Italian | Mountain Mike's, W. Alisal, Salinas | Toasties Café |
| Baywood Cellars Tasting Room | Golden Fish | MY Museum | Trailside Café |
| Big Sur River Inn Restaurant | Great Wall Chinese | National Steinbeck Center | Turtle Bay Taqueria, Monterey |
| Britannia Arms | Happy Dragon | Papa Chevo's, Monterey | Turtle Bay Taqueria, Seaside |
| Breakfast Club | Haute Enchilada | Parker-Lusseau, Hartnell, Mtry | Vista Blue Spa |
| Bullwacker's | Henry's BBQ | Parker-Lusseau, Munras, Mtry | Wickets at Bernardus Lodge |
| Café Fina | Hola by the Sea | Passionfish | Wild Plum Café & Bakery |
| Café La Strada | Hula's Island Grill & Tiki Room | Pepper's Mexicali Café | Will's Fargo |
| Café Rustica | InterContinental The Clement Mtry | Persian Grill | Yangtze's Taste of Thai |
| Cantinetta Luca | Island Taco | Petra | |
| Carmel Belle | Jabberwock Inn | Pico de Gallo | Thank you, |
| Carmel Mission Inn | Jose's Lounge Underground | Pierce Ranch Vineyards | Charter Participants. |
| Carmel River Inn | Jose's Mexican, Monterey | Pino's Café | Above are the first 100. |
| Central Texan BBQ | Jose's Mexican, Seaside | Plaza Linda | By May 2012, there are over |
| China Garden | Koko's Café | Plume's Coffee House | 200 participants. See website |
| Courtyard by Marriott | Krua Thai Café | Point Pinos Grill | listings of all , plus FAQs. |
| Cozumel | Kula Ranch | PortaBella, Carmel | |
| Curly's Barbecue | LALLA Lounge | Red Brick Pizza, DRO | |
| Cypress Inn | LALLAgrill | Residence Inn by Marriott | |
| Domenico's On the Wharf | LALLApalooza | r.g. Burgers, Carmel | |
| East Village Coffee Lounge | La Plaza Bakery & Café | r.g. Burgers, Monterey | |
| El Mariachi Restaurante | (all 6 La Plaza locations) | Rosa's La Villa Restaurante | |
| El Palomar | La Sala's Bi-Rite Deli | Rosie's Country Store | |
| El Torito | Lamp Lighter Inn | Round Table, Castroville | |
| Elli's Great American | Le St. Tropez | Sakura Japanese | |
| Em Le's | Lemon Grass | Salinas Valley Fish House | |
| Epsilon | London Bridge Pub | San Ardo Café | |
| Erik's Delicafé, Monterey | Loose Noodle | Sanctuary Beach Resort | |
| Erik's Delicafé, Seaside | Lopez Taqueria | Sandbar & Grill | |
| Favaloro's Big Night Bistro | Los Laureles Lodge | Sapporo Japanese | |
| First Awakenings, Pacific Grove | LouLou's Griddle in the Middle | Scheid Vineyards, Greenfield | |
| First Awakenings, Salinas | Maha's Lebanese Cuisine | Scheid Vineyards, Carmel | |
| Fishwife, Monterey | Marisco's, Seaside | Schooners Bistro on the Bay | |
| Fishwife, Pacific Grove | Marisco's, Soledad | 17th Street Grille | |
| Forest Lodge | Merlot Bistro | The Spa at Bernardus Lodge | |
| | Michael's Grill & Taqueria, Salinas | | |



[Add your business or organization](#) to this long-term ecology-economy sustainability project.

Questions?

Call **Mari Lynch**,
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BicyclingMonterey.com