HER HELMET THURSDAYS

_attrs:
- **HOTELS AND OTHER LODGING**
- **EDUCATIONAL AND ENTERTAINMENT SPOTS**
- **RESTAURANTS AND OTHER PLACES**

HELPING HER / MOTHER EARTH

AND THE ECONOMY

BY GIVING 10-50% DISCOUNTS

IN MONTEREY COUNTY

TO PEOPLE WHO BIKE

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](https://www.bikemonterey.org/faq)
Businesses and organizations participating in HER Helmet Thursdays provide 10-50% discounts on Thursdays for people who bike. For FAQs and date restrictions, plus details on lodging discounts, visit bikemonterey.org


This 10-page Quick Reference Guide lists all participating businesses and organizations in Monterey County.

BEFORE CLAIMING DISCOUNT: (1) Read the participant’s listing. Access it by clicking 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 very 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 also allowed.
• For bike laws, including Monterey County sidewalk ordinances; riding skills and safety tips; local bike shops and rental locations; and lots more useful info, start with the bottom of this Quick Reference Guide, or go to bikemonterey.org.

NOTE: This is a long-term project launched 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 their listing graciously pulled up on your mobile phone screen (or bring a printed guide), just in case a staff person on duty isn’t familiar with HER Helmet Thursdays.

The HER Helmet Thursdays Project was created and launched in Monterey County by a volunteer, Bicycling Monterey’s founder, a county resident since 1981. From 2009-2018, as a public service, the founder donated well over 12,000 hours to this and other Bicycling Monterey projects.

To help support this work, see http://bit.ly/GiveFAQs.

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 (Grnfld), King City (KC), 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
Baan Thai-10% (Alcohol excluded)  1760 Fremont Blvd - # F1, SE, 831-394-2996
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**Listings / How to Get the Discounts / FAQs.** Questions? Calls welcome: https://bit.ly/ContactBikeMRY.

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**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

**Bayside Coffee Co. at Embassy Suites** - 10%  🌯  1441 Cyn Del Rey, SE, 831-393-1115

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

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

**Birriera & Restaurant Estilo Coalcoman** - 10% (Alcohol excluded)  🌯  10500 Merritt St, Cstvl, 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 La Strada** - 20%  🌯  400 Cannery Row, Mtry, 831-645-4030

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

**Café Stravaganza** - 10% (Alcohol excluded)  🌯  241 Crossroads Blvd, Crml, 831-625-3733

**Caffé Trieste** - 10%  🌯  409 Alvarado, Mtry, 831-241-6064

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

**Cannery Row Brewing Company** - 10%  🌯  95 Prescott Ave, Mtry, 831-643-2722

**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** - 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

**Cima Collina Tasting Room** - 15%  🌯  19A East Carmel Valley Rd, CV, 831-620-0645
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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
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
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
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-Seaside- 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)
Gino’s- 10% (Alcohol excluded) 1410 S Main St, Slns, 831-422-1814
Golden Fish- 15% 221 Main St, Slns, 831-422-4946
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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
Heller Estate Organic Vineyards-15%  69 W. Carmel Valley Rd, CV, 831-659-6220
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
La Balena-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, Gnzld, 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
LALLA Lounge-10%  1250 S. Main St, Slns, 831-759-8455
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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
Marisco’s Puerto Nuevo-10% (Alcohol excluded)  🎫 530 Broadway Ave, SE, 831-583-0411
Marisco’s Puerto Nuevo-10% (Alcohol excluded)  🎫 3022 H Dela Rosa Sr St, Sldad, 831-678-9234
Merlot Bistro-15%  🎫 Ocean Ave between Lincoln and Monte Verde, Crml, 831-624-5659
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-La Mirada-50% (Alcohol excluded)  🎫 720 Via Mirada, Mtry, 831-372-5477
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
**Motel 6 Castroville** -10% 10341 Merritt St, Cstrvl, 831-633-3300
**Mountain Mike's Pizza** -20% (Alcohol excluded) 266 Reservation Rd, Marina, 831-883-2242
**Mountain Mike’s Pizza** -20% (Alcohol excluded) 931 W. Alisal St, Slns, 831-424-4540
**Museum of Monterey (MOM)** -50% 5 Custom House Plaza, Mtry, 831-372-2608
**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
**National Steinbeck Center** -10% One Main St, Slns, 831-775-4721
**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
**Pacifica Café & Bar** -10% 1441 Canyon Del Rey, SE, 831-393-1115
**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
**Paraiso Vineyards** -10% 38060 Paraiso Springs Rd, Sldad, 831-678-0300
**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% 561 W. Alisal St, Slns, 831-998-8770
**Peter B’s Brewhub** -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 Rotisserie Café - 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, 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
Rollick’s Specialty Coffee & Internet - 25% 210 Main St, Slns, 831-422-1760
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
Rosie’s Country Store - 15% 1 Esquiline Rd, CV, 831-659-2629
Rosita’s Armory Café - 30% (Alcohol excluded) 231 Salinas St, Slns, 831-424-7039
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, 831-646-1706
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
Sports Center Bicycles - 10% 1576 Del Monte Blvd, SE, 831-899-1300
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
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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
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 la Arrolladora-10% (Alcohol excluded) 1002 Del Monte Ave, Ste A, Slns, 831-758-3747
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
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
Vietnam Restaurant-15% 721 Broadway St, KC, 831-386-9256
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. For FAQs and date restrictions, plus details on lodging discounts, visit bikemonterey.org “Listings / How to Get the Discounts / FAQs.” Questions? Calls welcome: https://bit.ly/ContactBikeMRY.

Links about The HER Helmet Thursdays Project

✓ Quick Links to HER Helmet Thursdays, including audio and video intros, project history, and more: https://bit.ly/HHTQuickLinks.
✓ Additional Monterey County businesses or organizations that would like to join the project are welcome to https://bit.ly/HHTSignUp. Questions? https://bit.ly/ContactBikeMRY.

Also at www.BikeMonterey.org

❖ Learn CA bike laws, riding skills, safety tips.
❖ Learn biking-on-sidewalks regulations for various Monterey County cities and unincorporated areas (sidewalk rules vary around the state and county).
❖ 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.
❖ Bike maps; plus tips on where to bike in Monterey County.
❖ Explore the directory of Monterey County bike community leaders and resources.

Thank you for bicycling in Monterey County!