

9<sup>th</sup> Anniversary Edition

This 10-page guide lists participating businesses and organizations as of 23 November 2018.

# 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

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](#)

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](http://bikemonterey.org) "[Listings / How to Get the Discounts / FAQs](#)." Questions? Calls welcome: <http://bit.ly/ContactBikeMRY>.

## 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](http://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](http://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>.**

Questions? <https://bit.ly/ContactBikeMRY> (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 (**Grnflld**), 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

[Austin'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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**[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 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 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 7<sup>th</sup>, 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, Slms, 831-775-0491

**Crazy Horse Restaurant**-10% ☎ 1425 Munras Ave, Mtry, 831-649-4771

**Cypress Inn**-30% ☎ Lincoln Ave & 7<sup>th</sup> Ave, Crml, 800-443-7443

**DC-10 Doug Chandler Performance**-10% ☎ 517 Abbott, Slms, 831-422-3270

**De Tierra Vineyards Tasting Room**-15% ☎ Mission & 5<sup>th</sup>, 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 7<sup>th</sup> on San Carlos, Crml, 831-624-1222

**El Pescadero**-10% (Alcohol excluded) ☎ San Carlos between Ocean & 7<sup>th</sup>, 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, Slms,  
831-240-0086

**Elli's Great American Restaurant**-10% ☎ 1250 S Main St, Slms, 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, Slms, 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% ☎ 5<sup>th</sup> and Junipero, Crml, 831-624-2233

**Fox California Theater**-10% ☎ 241 South Main St, Slms, 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, Slms, 831-831-422-8424 (831-422-THAI)

**Gino's**-10% (Alcohol excluded) ☎ 1410 S Main St, Slms, 831-422-1814

**Golden Fish**-15% ☎ 221 Main St, Slms, 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, Slms, 831-754-1488
- [Guadalajara Grill](#)-15% ☎ 1334 S. Main St., Slms, 831-754-0400
- [Hacienda Mexican Grill](#)-10% (Alcohol excluded) ☎ 1449 N. Davis Rd, Slms, 831-424-6400
- [Hahn SLH Estate Winery](#)-15% ☎ 37700 Foothill Rd, Sldad, 831-678-4555
- [HaiĒ 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
- [laBalena](#)-10% (Alcohol excluded) ☎ Junipero between 5th & 6th, Crml, 831-250-6295
- [La Plaza Bakery & Café East Slms](#) -10% ☎ 20 N. Sanborn Rd, Slms, 831-422-0578
- [La Plaza Bakery & Café West Slms](#) -10% ☎ 1036 N. Davis Rd, Slms, 831-422-0748
- [La Plaza Bakery & Café East Slms](#) -10% ☎ 107 Bardin Rd, Slms, 831-751-6028
- [La Plaza Bakery & Café](#)-10% ☎ 33 Third St, Gnzls, 831-675-2337
- [La Plaza Bakery & Café](#)-10% ☎ 150 El Camino Rd, Grnflid, 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, Slms, 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
- [Montellose 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% 🚲 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

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- [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, 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
- [Rollick's Specialty Coffee & Internet](#)-25% 🚲 210 Main St, Slms, 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, Slms, 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, Grnflld, 831-386-0316
- [Scheid Vineyards Tasting Room](#) -15% 🚲 7<sup>th</sup> & 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, Slms, 831-424-2735
- [Stirrup Cup Pizza](#)-20% (Alcohol excluded) 🚲 24 East Carmel Vly Rd, CV, 831-659-4358



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](http://bikemonterey.org) "[Listings / How to Get the Discounts / FAQs](#)." Questions? Calls welcome: <https://bit.ly/ContactBikeMRY>.

**[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 Jalisciense](#)**-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 & 7<sup>th</sup>, 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.***

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# BikeMonterey.org

## 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>.
- ✓ Staff Reference Sheet for participating businesses and organizations: <http://bit.ly/HHTStaff>.
- ✓ 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](http://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.
- ❖ Shopping by bike, including for Thursday discounts: <https://bit.ly/HHTShops>.
- ❖ Local <https://bit.ly/BicycleShops> and <https://bit.ly/BicycleRentals>.
- ❖ 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: <https://bit.ly/BikeMRYPosters>.

**Thank you for bicycling in Monterey County!**