Do you bike Carmel or Carmel Valley?

Businesses and organizations in the H-E-R Helmet Thursdays Project give discounts to males and females on Thursdays year-round (some date restrictions) throughout Monterey County.

H-E-R Helmet Thursdays is a long-term ecology-economy sustainability project that encourages more bicycling.

HER refers to Mother Earth, who benefits from more people biking!

And HER is an acronym for:
- **H**otels, and other lodging
- **E**ducational and Entertainment venues
- **R**estaurants and related spots

For **H** spots, BYOB/bring your own bike, or show receipt for one day or longer bike rental from any Monterey County rental location. **Get a Thursday night lodging discount.**

For **E** and **R** spots, bike (or bike-and-ride) there on Thursday, show helmet as evidence. **Get a discount off your total tab anytime on Thursdays (may exclude alcohol).**

For FAQs, Map, and details on How to Get the Discounts, visit BikeMonterey.org

Here’s the list of Carmel and Carmel Valley’s 1st participants!

- 400° Gourmet Burgers & Fries
- Allegro Gourmet Pizzeria
- Bagel Bakery
- Café Rustica
- Café Stravaganza
- Cantinetta Luca
- Carmel Bach Festival
- Carmel Belle
- Carmel Coffee
- Carmel Mission Inn
- Carmel River Inn
- Cima Collina Tasting Room
- Corkscrew Café
- Courtside Bistro at Chamisal Tennis and Fitness
- Cypress Inn
- De Tierra Vineyards Tasting Room
- Eco Carmel
- El Pescadero
- Forest Lodge
- Forge in the Forest
- From Scratch
- Grasing’s
- Heller Estate Organic Vineyards
- Hofsas House Hotel
- Island Taco
- IaBalena
- Lamplighter Inn
- Los Laureles Lodge
- Lucia Restaurant & Bar at Bernardus Lodge & Spa
- Lugano Swiss Bistro
- Merlot Bistro
- Plaza Linda Restaurant & Cantina
- PortaBella
- r.g. Burgers
- Rio Grill
- Rosie’s Country Store
- Running Iron Restaurant & Saloon
- Scheid Vineyards Tasting Room
- Spa at Bernardus Lodge
- Stirrup Cup Pizza
- Terry’s at the Cypress Inn
- Trailside Café & Beer Garden

Not online?
Phone (831) 375-6278