HER HELMET THURSDAYS

Hotel and Other Lodging

Educational / Entertainment Spots

Restaurants and Related Places

—Plus other businesses and organizations — all helping HER / Mother Earth

And the economy by giving 10-50% discounts in Monterey County to people who bike

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

Get a discount on Thursday night lodging.

For E and R spots, 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.

FAQS and Date Restrictions at BikeMonterey.org
Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for people who bike.

For FAQs, project-wide date restrictions, and other details, go to bikemonterey.org — “Listings / How to Get the Discounts / FAQs,” or phone 831.375.6278.

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

- Before claiming discount, refer to individual participant’s listing; access it by clicking their name below. (If viewing print copy of this guide, go to “HER Helmet Thursdays” section at bikemonterey.org or phone 831.375.6278.)
- Kindly look over the frequently asked questions / FAQs.
- Discounts are on Thursdays year-round, with some 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.
- 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.

This is a long-term project, launched 2009. Businesses and organizations often have staff changes. It may be helpful to have their listing pulled up on your mobile phone screen (or bring a printed guide), just in case a staff person on duty isn’t familiar with the project. There is a staff reference sheet provided, but not all staff may be familiar with it.

The HER Helmet Thursdays Project was created and launched in Monterey County in Nov 2009 by a county resident since 1981, Bicycling Monterey founder Mari Lynch. From 2009-2017, she donated well over 10,000 hours to the Bicycling Monterey site and projects, including HER Helmet Thursdays.


- Below are all participating spots. To search by city or unincorporated community: Type Control + F to get a “find” window, then 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), Prunedale (PD), 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, and most—but not all—of the spots show up correctly on the map.
- To look over some highlighted cities/communities, see tips on biking Big Sur, Carmel, which includes a list of the first Carmel and Carmel Valley HER Helmet Thursdays spots), Castroville (includes first North County spots), Greenfield (includes first South County spots), Salinas and Seaside (includes their first HER Helmet Thursdays spots).
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400° Gourmet Burgers & Fries - 10% ✆ Corner of Mission & 7th, Crml, 831-244-0040
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
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
Bear Bikes - 10% ✆ 1288 N. Main, Slns; 831-444-8460
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 7th, Crml, 831-625-6500
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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  
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
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Erik's DeliCafé-10% ☎️ 840 Broadway Ave, Ste B-1, SE, 831-393-1818
Favaloro's Big Night Bistro-10% ☎️ 545 Lighthouse Ave, PG, 831-373-8523
Fifi's Bistro Café-15% (Alcohol excluded) ☎️ 1188 Forest Ave, PG, 831-372-5325
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
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
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**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 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, 831-678-1452
**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
**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
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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, Slnd, 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, Suite 103, 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

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
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**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
**Paloa 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
**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% 8059 San Miguel Canyon Rd, PD, 831-269-3337
**Perfectly Pressed Juice Bar ‘n’ Eatery** -Marina, 15% 3158 Del Monte Ave, Marina, 831-998-8770
**Perfectly Pressed Juice Bar ‘n’ Eatery** -15% 961 W. Alisal St, Slis, 831-998-8770
**Perfectly Pressed at the Press Club** -15% 668 Williams Ave, SE, 831-901-3900
**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
**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% 570 Munras Ave #30, Mtry, 831-372-4930
**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
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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
Rosa’s La Villa Restaurante-10% (Alcohol excluded) 766 Broadway Ave, SE, 831-899-7710
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, Grnfl, 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
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
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<table>
<thead>
<tr>
<th>Business Name</th>
<th>Discount</th>
<th>Address Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taqueria la Arrolladora</td>
<td>10%</td>
<td>1002 Del Monte Ave, Ste A, Slns, 831-758-3747</td>
</tr>
<tr>
<td>Taqueria Zarape</td>
<td>10%</td>
<td>1107 Fremont Blvd, SE, 831-899-1125</td>
</tr>
<tr>
<td>Taste Café &amp; Bistro</td>
<td>15%</td>
<td>1199 Forest Ave, PG, 831-655-0324</td>
</tr>
<tr>
<td>Terry's at the Cypress Inn</td>
<td>15%</td>
<td>Lincoln &amp; 7th, Crml, 831-624-3871</td>
</tr>
<tr>
<td>Toasties Café</td>
<td>10%</td>
<td>702 Lighthouse Ave, PG, 831-373-7543</td>
</tr>
<tr>
<td>Trailside Café &amp; Beer Garden</td>
<td>10%</td>
<td>3 Del Fino Place, CV, 831-831-298-7453</td>
</tr>
<tr>
<td>Turtle Bay Taqueria</td>
<td>15%</td>
<td>1301 Fremont Blvd, SE, 831-899-1010</td>
</tr>
<tr>
<td>TusCA Ristorante at Hyatt Regency</td>
<td>10%</td>
<td>1 Old Golf Course Rd, Mtry, 831-657-6675</td>
</tr>
<tr>
<td>Valley Bikes</td>
<td>20%</td>
<td>64 W. Alisal St, Slns, 831-422-3453</td>
</tr>
<tr>
<td>Vietnam Restaurant</td>
<td>15%</td>
<td>721 Broadway St, KC, 831-386-9256</td>
</tr>
<tr>
<td>Vista Blue Spa at Monterey Plaza Hotel</td>
<td>20%</td>
<td>400 Cannery Row, Mtry, 831-646-1700</td>
</tr>
<tr>
<td>Wharf Marketplace</td>
<td>10%</td>
<td>290 Figueroa St, Mtry, 831-649-1116</td>
</tr>
<tr>
<td>Wild Plum Café &amp; Bakery</td>
<td>10%</td>
<td>731 Munras Ave, Mtry, 831-646-3109</td>
</tr>
<tr>
<td>Winning Wheels Bicycle Shop</td>
<td>10%</td>
<td>318 Grand Ave, PG, 831-375-4322</td>
</tr>
<tr>
<td>The WindMill</td>
<td>10%</td>
<td>1167 Front St, Slld, 831-678-1775</td>
</tr>
<tr>
<td>Work Horse Bicycles</td>
<td>10%</td>
<td>486 Washington St, Mtry, 831-375-2144</td>
</tr>
<tr>
<td>Yangtse's Taste of Thai</td>
<td>10%</td>
<td>328 Main St, Slns, 831-754-2223</td>
</tr>
<tr>
<td>Zeph's One-Stop</td>
<td>10%</td>
<td>1366 South Main St, Slns, 831-757-3947</td>
</tr>
</tbody>
</table>
Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for people who bike.

For FAQs, project-wide date restrictions, and other details, go to bikemonterey.org — “Listings / How to Get the Discounts / FAQs,” or phone 831.375.6278.

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.
✔ Businesses or organizations that would like to join the project are welcome to sign up online. Questions? https://bit.ly/ContactMari.
✔ Share posters and fliers about HER Helmet Thursdays and other local bicycling resources: https://bit.ly/BikeMRYPosters.
✔ Would you like to see window decals at all HER Helmet Thursdays locations? Want this HER Helmet Thursdays Quick Reference Guide in a Pocket Guide format? HER Helmet Thursdays has been provided 2009-2017 by an unpaid volunteer. To help with this grassroots effort, you are encouraged to contribute or volunteer. Thank you.

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.
❖ Bike maps; plus tips on where to bike in Monterey County.
❖ Tips for bike fashionistas, and biking to more elegant venues.
❖ Find things to do, plus other dates of interest, on the Master Calendar for Bicycling Monterey County.
❖ Directory of Monterey County bike community leaders and resources.
❖ Children and teens section, bike-to-school for elementary, middle high schools, and tips for college students too.