

This 11-page guide lists participating businesses and organizations
as of **1 September 2016**.

HER HELMET THURSDAYS

🚲 HOTEL 🚲

EDUCATIONAL / ENTERTAINMENT

🚲 RESTAURANT 🚲

Discounts in Monterey County



For Males and Females, Visitors and Locals
An Ecology-Economy Sustainability Project,
Established 2009, to Encourage Bicycling

Discounts at hundreds of **H-E-R** spots—

- 🚲 **H**otels, and other lodging
 - 🚲 **E**ducational / Entertainment and related spots
 - 🚲 **R**estaurants and related spots, e.g., [wineries](#)
-

**HER ALSO REFERS TO
MOTHER EARTH,
WHO BENEFITS FROM MORE PEOPLE BIKING!**

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 10 to 50% 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 10 to 50% discount on Thursday off your total tab
(may exclude alcohol).*

[FAQS](#) and [Date Restrictions](#) at [BikeMonterey.org](#)

Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for males and females who bike.

For FAQs, project-wide date restrictions, and other details, go to the "H-E-R Helmet Thurs INFO" section at bikemonterey.org or call 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 by clicking on their name below. (If viewing a print copy of this guide, go to "[H-E-R Helmet Thurs INFO](#)" section at bikemonterey.org or call 831.375.6278.)
- Please look over the [frequently asked questions / FAQs](#) or call 831.375.6278.
- 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 and schedule 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 by volunteer Mari Lynch, a resident of rural Monterey County since 1981.

Contributions are appreciated. See <http://bit.ly/GiveFAQs>.

Thank you for biking in Monterey County!

- **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 (**Grnflld**), 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 [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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[17th Street Grille](#)-10% 🚲 617 Lighthouse Ave, PG, 831-373-5474

[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

[Artichoke Inn](#)-10% 🚲 10341 Merritt St, Cstrvl, 831-633-3300

[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

[Big Sur River Inn Restaurant](#)-10% (Alcohol excluded) 🚲 Hwy 1 at Pheneger Creek, Big Sur, 831-667-2700

[Birrieria & Restaurant Estilo Coalcoman](#)-10% (Alcohol excluded) 🚲 10500 Merritt St, Cstrvl, 831-831-594-9906

[Bistro Abrego](#)-20% (Alcohol excluded) 🚲 755 Abrego St, Mtry, 831-372-7551

[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

[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

[Cozumel](#)-10% (Alcohol excluded) ☞ 1447 N Main St, Slns, 831-442-2854

[Cypress Inn](#)-30% ☞ Lincoln Ave & 7th Ave, Crml, 800-443-7443

[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 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](#)-15% ☞ 422 Tyler St, Mtry, 831-655-8108

[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

Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for males and females who bike.

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[First Awakenings](#)-10% 🚲 125 Oceanview Blvd, PG, 831-372-1125

[First Awakenings](#)-10% 🚲 171 Main St, Slms, 831-784-1125

[Fishwife](#)-15% (Alcohol excluded) 🚲 789 Trinity Ave, SE, 831-394-2027

[Fishwife](#) -15% (Alcohol excluded) 🚲 1996 ½ Sunset Drive, PG, 831-375-7107

[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, 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

[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

[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 Abrego](#), 20% 🚲 755 Abrego St, Mtry, 831-372-7551

[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

[Koko's Café](#)-10% ☺ 419 Alvarado St, Mtry, 831-375-3777

[Krua Thai](#)-20% ☺ 731 Munras Ave, Mtry, 831-655-9797

[Kula Ranch](#)-10% (Alcohol excluded) ☺ 3295 Dunes Rd, Marina, 831-883-9479

[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, 831-675-2337

[La Plaza Bakery & Café](#)-10% ☺ 150 El Camino Rd, Grnflld, 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

[LALLA Grill](#)-10% ☺ 1400 Del Monte Shopping Center, Mtry, 831-324-4632

[LALLApalooza](#)-10% ☺ 474 Alvarado St, Mtry, 831-645-9036

[Lamplighter Inn](#)-30% ☺ SE Corner of Ocean Ave & Camino Real, Crml, 831-624-7372

[Le St. Tropez](#)-10% (Alcohol excluded) ☺ Dolores St between Ocean and 7th Ave, Crml, 831-624-8977

[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

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[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

[Mariscos Nayarita](#)-10% 🚲 10624 Merritt St, Cstrvl, 831-632-

[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

[Monteliese 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

[Monterey Tides](#)-20% 🚲 2600 Sand Dunes Dr, Mtry, 800-605-7650

[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

[Mundaka](#)-10% (Alcohol excluded) 🚲 San Carlos between Ocean & 7th, Crml, 831-624-7400

[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

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[**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

[**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

[**Papa Chevo's**](#)-10% ☎ 299 Cannery Row, Mtry, 831-372-7298

[**Paraiso Vineyards**](#)-10% ☎ 38060 Paraiso Springs Rd, Sldad, 831-678-0300

[**Parker-Lusseau Pastries**](#)-10% ☎ 731 Munras Ave, Mtry, 831-643-0300

[**Parker-Lusseau Pastries**](#)-10% ☎ 539 Hartnell St, Mtry, 831-641-9188

[**Parker-Lusseau Pastries**](#)-10% ☎ 40 Ragsdale Dr, Ste 100, Mtry, 831-655-3030

[**Passionfish**](#)-10% (Alcohol excluded) ☎ 701 Lighthouse Ave, PG, 831-655-3311

[**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, Slns, 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

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[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% ☎ 1366 South Main, Slms, 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

[Red's Burger Joint](#)-10% ☎ 1220 S. Main St, Slms, 831-975-4757

[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

[Room for Dessert](#)-10% ☎ 420 Pacific St., Mtry, 831-647-1170

[Rosa's La Villa Restaurante](#)-10% (Alcohol excluded) ☎ 766 Broadway Ave, SE, 831-899-7710

[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, Grnflid, 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

Businesses and organizations participating in the HER Helmet Thursdays Project provide 10-50% discounts on Thursdays for males and females who bike.

For FAQs, project-wide date restrictions, and other details, go to the "H-E-R Helmet Thurs INFO" section at bikemonterey.org or call 831.375.6278.

[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

[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

[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, Slms, 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, Slms, 831-444-7980

[Taqueria El Kiosko](#)-10% (Alcohol excluded) ☎ 8 Williams Rd, Slms, 831-424-6211

[Taqueria la Arrolladora](#)-10% (Alcohol excluded) ☎ 1002 Del Monte Ave, Ste A, Slms, 831-758-3747

[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) ☎, 431 Tyler St, Mtry, 831-333-1500

[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

[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

[Wharf Marketplace](#)-10% (Alcohol excluded) ☎ 290 Figueroa St, Mtry, 831-649-1116

[Wild Plum Café & Bakery](#)-10% ☎ 731 Munras Ave, Mtry, 831-646-3109

[Will's Fargo Steakhouse & Bar](#)-10% (Alcohol excluded) ☎ 16 W. CV Rd, CV, 831-659-2774

[The WindMill](#)-10% ☎ 1167 Front St, Sldad, 831-678-1775

[Yangtse's Taste of Thai](#)-10% (Alcohol excluded) ☎ 328 Main St, Slms, 831-754-2223

[Zeph's One-Stop](#)-10% ☎ 1366 South Main St, Slms, 831-757-3947

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BikeMonterey.org

Links about The HER Helmet Thursdays Project

- ✓ [Quick Links](#) to HER Helmet Thursdays, including audio and video.
- ✓ Businesses or organizations that wish to join the project: phone 831-375-6278 first to confirm, then [sign up online](#).
- ✓ [Invite](#) your favorite places to join HER Helmet Thursdays.
- ✓ Share [posters and fliers](#) re HER Helmet Thursdays and local bike resources.
- ✓ Like to see window decals at all HER Helmet Thursdays locations? Prefer this HER Helmet Thursdays Quick Reference Guide in a Pocket Guide format? This is a long-term project. [Contribute](#) or [volunteer](#).

Also at 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](#).
- ❖ [Bicycle security](#) (theft prevention) tips, [bike parking tips, including valets](#).
- ❖ Bike [maps](#); plus tips on [where to bike](#) in Monterey County.
- ❖ Get tips for [bike fashionistas](#), and biking to more elegant venues.
- ❖ Find things to do on [Master Calendar](#) for Bicycling Monterey County.
- ❖ 32-section guide to local [bike community leaders and resources](#).
- ❖ [Children and teens](#) section, [bike-to-school for elementary, middle high schools](#), and tips for [college students](#) too.