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—

Hotel, and other lodging
Educational / Entertainment and related spots
Restaurants 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.


**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 (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 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%  Varied 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
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
First Awakenings -10%  125 Oceanview Blvd, PG, 831-372-1125
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**First Awakenings**-10%  171 Main St, Slns, 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, 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 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

**Island Taco**-10%  173 The Crossroads, Crml, 831-624-8454
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Jabberwock Inn - 20% 598 Laine St, Mtrly, 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, Gnmfld, 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
Lemon Grass - 10% (Alcohol excluded) 413 Moss Landing Rd, Moss Lnldg, 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
Mariscos Nayarita - 10% 10624 Merritt St, Cstrvl, 831-632-
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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, 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
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
Namaste India Bistro-15% (Alcohol excluded) 538 Lighthouse Ave, Mtry, 831-641-0130
National Steinbeck Center-10% One Main St, Slns, 831-775-4721
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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
Petry, Monterey-10% ☏ 435 Alvarado St, Mtry, 831-646-2080
Petry, 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
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Portobello's Rotisserie Café - 15%  1366 South Main, Slns, 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, Slns, 831-975-4757
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
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, 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
Steinbeck House - 10% (Alcohol excluded)  132 Central Ave, Slns, 831-424-2735
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**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 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

**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, Slns, 831-754-2223

**Zeph’s One-Stop** - 10% 1366 South Main St, Slns, 831-757-3947
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.

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.