**Do you bike SALINAS?**

Businesses and organizations in The H-E-R Helmet Thursdays Project give discounts to males and females, locals and visitors, on Thursdays year-round, throughout Monterey County.

**HER Helmet Thursdays**

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:
- Hotels, and other lodging
- Educational and Entertainment venues
- Restaurants and related spots

For H spots, BYOB / bring your own bike, or show receipt for a one-day or longer bicycle 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 Thursday.** (Alcohol may be excluded.)

**Listings, Map, FAQs at BikeMonterey.org**


Not online? Call (831) 375-6278

**Discounts available at over 200 participating businesses and organizations countywide.**

**Here are the first HER Helmet Thursdays spots in SALINAS**

- Aquablue Skin & Body Spa
- Angelina’s Pizzeria
- The Bakery Station
- Courtyard by Marriott
- Cozumel
- Elli’s Great American Dinner House
- El Zacatecano Restaurant
- First Awakenings
- Fox California Theater
- Ginger Thai Kitchen
- Gino’s Fine Italian
- Golden Fish
- Grower’s Pub
- Guadalajara Grill
- Hacienda Mexican Grill
- La Plaza Bakery & Cafe, East Salinas-Bardin Rd
- La Plaza Bakery & Cafe, East Salinas-N. Sanborn Rd
- La Plaza Bakery & Cafe, West Salinas
- LALLA Lounge
- Mi Tierra Restaurant
- Michael’s Grill and Taqueria
- Mountain Mike’s Pizza, 931 W. Alisal
- MYO Pure Frozen Yogurt
- National Steinbeck Center
- Noodle House
- Perfectly Pressed Juice Bar ‘n’ Eatery
- Portobello’s Rotisserie Cafe
- Red’s Burger Joint
- Residence Inn by Marriott
- Rollick’s Specialty Coffee and Internet
- Rosita’s Armory Cafe
- Steinbeck House
- Tacos El Jalisciense, 505 E. Alisal (Alisal at Madeira)
- Taqueria la Arrolladora
- Yangtse’s Taste of Thai

Above list current as of 13 September 2015.

Learn more about The HER Helmet Thursdays Project, along with other tips on bicycling in Salinas and all of Monterey County:

BikeMonterey.org