Tips for Bicycling Monterey County

- Routes, maps, suggested rides for various fitness levels and time frames
- Bike-and-ride options: the bus—and other transportation—for people and their bikes
- Riding skills, safety, and CA bike laws for children, teens, and adults
- Bike parking—DIY and valet tips
- Bike security /theft prevention
- Calendar of local bike activities and events
- Local bike shops, rentals, and other services
- Group rides, clubs, un/school bike teams
- Advocacy, infrastructure, volunteer ops
- And much more, for all styles of riders

Información en español sobre las bicicletas:
http://marilynch.com/blog/resources/en-espanol

HER Helmet Thursdays
For males and females, visitors and locals.
Discounts because you bike in Monterey County!

Bike? Get a 10-50% discount. When? Thursdays. Why? Be a partner in sustaining HER/Mother Earth and the economy. H-E-R also stands for: H=Hotels/other lodging; E=Entertainment venues and Educational attractions; R=Restaurants and related spots. How? At H places, BYOB/Bring Your Own Bike or rent a bike for a day or longer from any Monterey County shop. At E & R spots, bike there; show your helmet, mention HER Helmet Thursdays. Where? At H-E-R businesses and organizations countywide—Big Sur, Carmel, Carmel Vly, Castroville, Corral de Tierra, Gonzales, Greenfield, King City, Marina, Monterey, Moss Landing, Pacific Grove, Salinas, San Ardo, Sand City, Seaside, Soledad. See FAQs on website.

BikeMonterey.org (831)375-6278
Information Hub for Biking Monterey County and Home of the HER Helmet Thursdays Project
A public service project founded 2009 by county resident Mari Lynch, in partnership with the community.