



# LAUREN MONITZ

TRAVEL & FOOD INFLUENCER

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## 185K+ TOTAL REACH

I've always had ADD with people, places and things. I'm a city girl trapped in a wanderer's world. The more off the beaten path, crazy, never been done before adventure, the better. That's my jam. And if you've never heard of it, that's my butter.

From becoming a certified Viking in Iceland to eating my way through Japan to taking on Thailand Hangover 2 Style and ascending Machu Picchu, [I am a storyteller.](#)

**LET ME TELL YOUR STORY.**

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## PRIMARY CHANNELS



Instagram: @LMonitz | 101K Followers  
Average Engagement: 1600+ likes & 100 comments per post  
New Accounts: @anadventurestory (47K) & @onetastytrip (15K)



Twitter: @LaurenMonitz | 18K Followers



Pinterest: @LMonitz | 6K Followers



Facebook: @DownLoTravel | 1.6K Followers



Blog: TheDownLo.com | Domain Rank: 26  
6K Average Monthly Visitors | 8K Average Monthly Pageviews

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**DID WE JUST BECOME** *Besties*?!  
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Contact Info:

lmonitz@gmail.com | 224-558-5511  
(or literally any of the links above)

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# FAST FACTS



A Chicago native and a Denverite by choice, I am an expert in my local cities, but have also made it my mission to see as much of the world as possible. My goal is to hit at least 50 countries and all 50 states before 50.



I have bylines around the web. Most recently I was the Managing Editor of iExplore.com and TravelMindset.com, but I also have been published in MSN, USA Today, AOL, Google Trips, Eater, Huff Post, and more. But I love getting social, too! I've done Instagram takeovers for Forbes and Snapchats for the Food Network.



I describe my travel style as actively experiential - I seek out adventures that are offbeat, but that anyone could emulate. I'm just as likely to be found exploring the trails as eating my way around the local market.

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## BRANDS I'VE WORKED WITH

50+ TRAVEL COLLABS WITH CVBS/DMOS,  
HOTELS, AND AIRLINE PARTNERS



WILL YOU BE NEXT? GET IN TOUCH.

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▶ I recently founded TheInfluencerInstitute.com to educate brands on best practices for working with influencers. Contact me to request the [FREE guide](#).