



LAUREN MONITZ

TRAVEL & FOOD INFLUENCER

195K+ 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.

PRIMARY CHANNELS



Verified Instagram: @LMonitz | 105K Followers
Add'l Accounts: @anadventurestory (40K) & @onetastytrip (15K)



Twitter: @LaurenMonitz | 19K Followers



Pinterest: @LMonitz | 10K Followers



Facebook: @DownLoTravel | 2K Followers



Leading U.S. Travel Blog: TheDownLo.com | Domain Rank: 40
25K Monthly Sessions | 30K Monthly Pageviews

DID WE JUST BECOME *Besties* ?!



Contact Info:

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(or literally any of the links above)

FAST FACTS



A Chicago native and former Denverite turned Texan, I am an expert in my local regions, 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 was the former Managing Editor of iExplore.com and TravelMindset.com, but have bylines around the web. I've been published in Fodor's, MSN, USA Today, AOL, Trivago, Eater, Huff Post, and more. I also love getting social and have done Instagram takeovers for Forbes and Snapchat Diaries for the Food Network.



I describe my travel style as actively experiential. I seek out adventures that are offbeat and that you had no idea you wanted on your bucket list. I'm just as likely to be found exploring the trails as eating my way around the local market.

BRANDS I'VE WORKED WITH

100+ COLLABS WITH CVBS, DMOS AND TRAVEL PARTNERS IN OVER 25 STATES & COUNTRIES



WILL YOU BE NEXT? GET IN TOUCH.



I founded The Influencer Institute to help educate brands on running best-in-class influencer trips and campaigns.

Contact me to request a **FREE best practice guide.**