

LAUREN MONITZ

TRAVEL & FOOD INFLUENCER



80K 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



Instagram: @LMonitz | 60.1K Followers | "A" Engagement



Twitter: @LaurenMonitz | 14.6K Followers



Pinterest: @LMonitz | 3.6K Followers



Blog: [Http://TheDownLo.com](http://TheDownLo.com)

1K Av. Monthly Visitors | 1.5K Av. Monthly Pageviews

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 by the age of 50.



While I blog and do my own thing, I am also the Managing Editor of two experiential travel sites, iExplore.com and TravelMindset.com, each which get over 1 million monthly visitors and about 1.5 million pageviews.



I describe my travel style as approachably active. I'm just as likely to be found adventuring outside as exploring the local market.

BRANDS I'VE WORKED WITH

