

# LAUREN MONITZ

TRAVEL & FOOD INFLUENCER



## 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.**

## PRIMARY CHANNELS



Instagram: @LMonitz | 100K Followers  
Average Engagement: 1600+ likes & 100 comments per post  
New Accounts: @anadventurestory (46K) & @onetastytrip (15K)



Twitter: @LaurenMonitz | 17.8K Followers



Pinterest: @LMonitz | 5K Followers



Facebook: @DownLoTravel | 1.5K Followers



Blog: [Http://TheDownLo.com](http://TheDownLo.com) | Domain Rank: 28  
3.7K Av. Monthly Visitors | 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.



I have bylines around the web. Most recently I was the Managing Editor of iExplore.com and TravelMindset.com, but I'm also a Google Local Expert and have been published on the Food Network, Thrillist, Forbes, Eater, Huff Post, and more.



I describe my travel style as actively experiential - I like to find adventures that anyone could emulate. I'm just as likely to be found exploring the trails as eating my way around the local market.

## BRANDS I'VE WORKED WITH

