



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 | 102K Followers
Average Engagement: 2K+ likes & 50+ comments per post
New Accounts: @anadventurestory (45K) & @onetastytrip (15K)



Twitter: @LaurenMonitz | 19K Followers



Pinterest: @LMonitz | 7K Followers



Facebook: @DownLoTravel | 2K Followers



Leading U.S. Travel Blog: TheDownLo.com | Domain Rank: 39
12K Average Monthly Visitors | 15K Average Monthly Pageviews

DID WE JUST BECOME *Besties*?!
←

Contact Info:

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

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. I was the former Managing Editor of iExplore.com and TravelMindset.com, but I've been also been published in MSN, USA Today, AOL, Google Trips, 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, but 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

75+ TRAVEL COLLABS WITH CVBS/DMOS, HOTELS,
AND AIRLINE PARTNERS IN OVER 20 STATES



WILL YOU BE NEXT? GET IN TOUCH.

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