



Portfolio

@FREYA_ADVENTUREAWAITS

Freya Hodson - @freya_adventureawaits

Freya is a 32 year old living in the Lake District National Park, originally from Nottingham and decided to make the move to the mountains 2 years ago, to experience a better way of life and live a life of adventure.

An advocate for turning everyday life into an adventure, through making the most of time off work, be it weekends or evenings to get outside and explore and to encourage others to do so, always in a way that respects the environment around us.

UK and international Travel, including ticking off some of Europe's biggest mountains.



Hobbies & Interests include :

Hiking, Wild Swimming, Paddle boarding , historic castles and places, sustainable fashion, great food, travel and generally exploring new places.



Brand Work

Freya has worked with several brands over the years including :

- Fjallraven
- Hanwag - using expertise as a qualified Podiatrist to advise people on the importance of using the correct footwear for their feet
- Boden - to help promote a long sleeved swimsuit for wild swimming
- previously a Salomon ambassador
- Ordnance Survey and Komoot
- Northern Trains
- BBC North West
- Anorak Clothing
- TOG 24

- Ellis Birgham -



- and Modelled for Kate Barnet clothing - <https://www.katebarnet.com/collections/dresses/products/heidi-dress?variant=42830645002411>
- Sally's Cottages in the Lake District National Park, discussing swim spots in the lake district and the importance of leaving no trace - <https://www.sallyscottages.co.uk/guides/9-wild-swimming-spots-lake-district>
- Northern Rail to help encourage more people to use their trains to explore the Cumbrian Coast.

Travel Collaborations:

Freya has also worked with holiday lets/airbnb's, hotels and glamping stays in the UK, ranging from the affordable to luxury.

These include, Backtrack bothies, Glengolly getaways, Menstrie castle stay and Glentool holiday cottages and the Isle of Mull Hotel and Spa (part of the Crerar Hotel group) in Scotland.

Bryn Tanat hall in wales, Crumplebury in Heredfordshire, Rutland Hall Hotel in Rutland, Lake District Loft Apartments in the lake district, Peake's Retreats in Staffordshire and Darwin Forest

Lodges in The Peak District

And in the south of England, Owl Valley Glamping in Devon and Scaranger and Wildflower Wood at Beersheba farm in Cornwall.

Freya feels it is important we showcase the beautiful places in the UK and the unique places you can stay for every budget, but also enjoys international travel.



Insights

43.5K Followers on Instagram

1513 followers on TikTok - Reels get shared to TikTok

Everything posted on Instagram gets shared to Facebook - Freya Hodson (Public Profile)

I have Recently Launched my website www.freyaadventureawaits.co.uk on here I am writing Travel, lifestyle, hiking, wild swimming tips and advice and everywhere I have stayed is having

their own blog post and link to their website for people to book a stay.

Rates:

This can vary, depending on the work being asked. Open to working within a budget that is set and often this is preferred, also open to negotiation and Gifted collaborations.

Typical Rates are as follows:

1 Instagram post/carousel - £200

1 Instagram Reel, shared to TikTok - £350

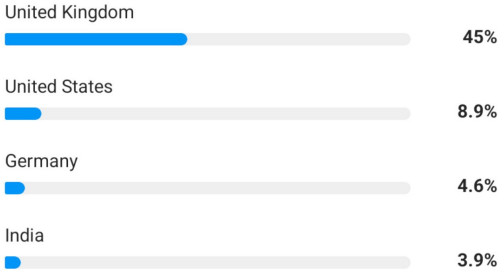
Stories can either be part of the price or a small extra cost depending upon how many are being asked for. Any additional work, such as write ups for blogs, are an additional cost.

Overview

Engaged audience ⓘ

You reached +371% more accounts compared to 30 Sep - 29 Oct

Top countries



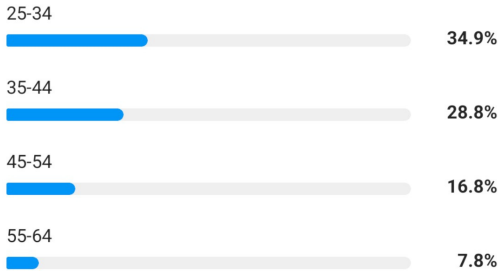
Rank	Metric	Value	Change
1	Accounts reached	526K	+371%
2	Accounts engaged	16.5K	+152%
3	Total followers	43.3K	+3.7%
4			
5			

Reached audience ⓘ

Content you've shared [See all](#)

Last 30 days ▾ 30 Oct - 28 Nov

Top age ranges



Category	Followers	Non-followers
Reels	462K	
Posts	99.7K	
Stories	6,587	

Followers and non-followers

Based on reach

Top content [See all](#)

CONTACT INFO

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