Connecticut, folks, but not as you know it. Clíona Foley investigates.

A n exhibition of pulp fiction posters and a neon art installation are not what you expect to find hanging in the lobby of a hotel in WASPish Connecticut. But one glance indicates that Delamar West Hartford is bringing hip interiors and modernity to a part of the US known as the insurance capital of the world.

This hotel, just eight months old, mixes classical dimensions with a contemporary vibe that would not look out of place in NYC’s Meatpacking District. Connecticut may also be known as America’s Hedge Fund Centre but West Hartford has been dubbed one of the country’s “Ten Coolest Suburbs” and the Delamar has an edgy style that feeds into local cultural history - not to mention a rotating collection of artwork, thanks to a collaboration with the New Britain Museum of American Art.

It also has its own vegetable and herb garden, the produce of which features in the hotel’s classy ground-floor restaurant, Artisan. You can grab a cocktail and small plate at the boothed bar, or eat more formally from a menu that features modern twists such as cauliflower risotto with mushroom jam for starters and mains like black pearl salmon and lobster tagliatelle.

Business travellers will be happy with high-speed Wi-Fi throughout, while bedrooms are huge and include smart TVs and large workspaces. The hotel also features a spa and small gym and there’s a complimentary continental breakfast available daily that’s also ideal for meetings on the hoof.

When you’ve closed up the laptop, neighbouring capital Hartford features visitor attractions such as Mark Twain House, the Wadsworth Atheneum (with more than 50,000 works of art) and its own symphony orchestra. Katharine Hepburn, the epitome of languorous American cool, was one of the Hartford’s most famous daughters and is buried in the family plot at Cedar Hill Cemetery.

A two-minute walk away is Muse, a bar that holds live art classes where you’re encouraged to “Paint, Sip & Eat”. Nearby is also a huge Whole Foods supermarket and enough interior and designer pet stores to indicate that West Hartford is a little slice of hip heaven in the ‘burbs.

Rooms cost from $289. (1 Memorial Rd, West Hartford, +1 860 937 2500; delamar.com)

3 NEW CRIBS ON THE BLOCK

TORONTO On the grounds of Exhibition Place, the flashy sky-scrapping Hotel X Toronto is a vertical city in itself and couldn’t be better located for delegates attending the adjacent Enercare and Beanfield centres. It has more than 400 rooms – most with gasp-inducing views of either the city or Lake Ontario – as well as a whopping 8,300 square metres of fitness and spa facilities. Doubles from CAD$339, (111 Princes’ Boulevard, +1 647 943 9300; hotelxtoronto.com)

DUBLIN Hot on the heels of The Alex and The Iveagh Garden is Dublin’s latest hotel addition, the Maldron Hotel Kevin Street, beside St Patrick’s Cathedral. Bright, comfortable guest rooms have all the bells and whistles required for a short stay, weekday breakfasts run from 7am until 10am and its ambling distance from St Stephen’s Green makes it a winner for cross-city access. Doubles from €183, (Kevin Street Lower, 1850 885 885; maldronhotelkevinstreet.com)