

# Sustainability in the city

**Denise Curtin** checks out Wren Urban Nest, one of Dublin's newest and most innovative hotels marrying conscious choices with comfort and style



**W**hether it's buying less clothes or ditching plastic, making a conscious effort to be more eco-friendly is something that plays into our daily lives. In today's world, we've never been more aware of the impact our actions can have on the environment and how change can make a difference when it comes to reducing our carbon footprint.

Enter Wren Urban Nest in the heart of Dublin; a new hotel putting sustainability at the forefront. Constructed using the most advanced sustainable technologies, eliminating the need for fossil fuels, the hotel operates on 100% renewable electricity. As Ireland's most sustainable hotel, this new establishment has put careful consideration into every detail, keeping both guests and the planet in mind, which is apparent from the minute you check in.

The hotel's open plan lobby, bar and restaurant area give the space a Scandinavian vibe that alights a sense of hygge. Everything feels tranquil with soft lighting, beautiful flower arrangements and wood furnishings. The self-check-in is done through digital tablets in the lobby, reducing the need for paper

forms and waste. All the key cards are recycled too which is always good to hear, as it's something I've often wondered about. Within the bedrooms, cleverly titled "nests", you get everything you want from a bedroom. We're talking a large bed, a smart TV, a rainfall shower, touch screen lights and curtain control (this always makes me feel very fancy!) For my stay I opted for the Cosy Nest at 12 sq m, the bigger of the two bedroom options sleeping up to two people. Now, for a hotel that has been described as a "micro-sleeper" due to the bedrooms' capsule like size, I never felt at any stage like I was stuck for space. The rooms have undergone some nifty planning meaning you don't feel cramped. But if you want to maximise that space, go for a room on the seventh floor - it houses the bigger rooms, with impressively high ceilings.

Food wise, the hotel's menu is compact, with breakfast, lunch and dinner all delivering just what an eager tourist or shopper needs. For breakfast I opted for eggs and avocado on sourdough toast, also on offer was the Full Irish, porridge, French toast and veggie options which we love to see. During the day and into the evening, the ALT bar serves up everything from a delicious sandwich range to risotto and fresh fish, with the menu changing seasonally and the bar serving delish cocktails until 11pm. If you like vodka, I'd recommend the "Nest in the City" as a nightcap, it went down a treat!

**Stays at Wren Urban Nest start at €99. For more information, head to [wrenhotel.ie](http://wrenhotel.ie)**



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## **Sprezzatura**

With two locations in Dublin, Sprezzatura uses only the best local ingredients to create their divine pasta menu, making it both a sustainable option and also promoting Ireland as a food destination. The restaurant also has no paper menus, no throwaway glass or plastic and they choose local rapeseed oil over imported olive. Best believe the hype and book ASAP.

## **The Kind**

Located on Fade St, Dublin 2, The Kind is a beautiful place to shop thoughtful gifts and uncover incredible Irish brands with sustainability in mind. From self-care to stationery and homewares, The Kind's range of sustainable and ethically made goods are the gift that keeps giving.

## **Small Changes Wholefoods Store**

With a zero-waste ethos, Small Changes Wholefoods Store sells organic wholefoods, eco-friendly households, health and beauty products in Drumcondra and Inchicore. But do you want to know what makes these shops even greater? Their incredible refill stations with 200 plus products! It doesn't get much better than that.

Eating

Gifts

Shopping