Welcome to Australia & The Global Consortium for Depression Prevention 2027!



Sydney Harbour Visitor Guide • The Langham, Sydney • October 2026

WELCOME TO SYDNEY

Information on visiting Sydney

A visitor guide for Global Consortium for Depression Prevention conference delegates staying at and near The Langham, Sydney

Conference venue: The Langham, Sydney, 89–113 Kent Street, Millers Point

Book accommodation at the conference venue here.

The Langham sits in the heart of historic Millers Point, close to The Rocks, Walsh Bay and Barangaroo. Many of Sydney's best harbour views, walks and public spaces are free and can be explored on foot from the hotel.

1. Hotel Options (other than The Langham)

Hotel	Rating	Walk from The Langham	Approx. Oct 2026* in Australian $	Booking
Shangri-La Sydney	★★★★★	5–7 min	$350–$550	Official website
The Lord Nelson Brewery Hotel	★★★	5–8 min	$180–$280	Official website
Harbour Rocks Hotel	★★★★★	7–10 min	$250–$400	Official website
The Russell Boutique Hotel	★★★	10–12 min	$180–$300	Official website
Pier One Sydney Harbour	★★★★★	10–12 min	$300–$500	Official website
Four Seasons Hotel Sydney	★★★★★	10–12 min	$350–$550	Official website
West Hotel Sydney	★★★★	12–15 min	$230–$380	Official website
Park Hyatt Sydney	★★★★★	12–15 min	$700–$1,000+	Official website
InterContinental Sydney	★★★★★	15–18 min	$300–$500	Official website
Amora Hotel Jamison Sydney	★★★★	15–18 min	$220–$350	Official website
The Grace Hotel	★★★★	18–20 min	$250–$400	Official website

2. Nearby Walks

Experience	Approx. walk from Langham	Why go?
Observatory Hill	5–7 min	One of Sydney's best free city + Harbour Bridge viewpoints
The Rocks & Harbour foreshore	8–15 min	Historic laneways, old sandstone buildings and harbour views
Barangaroo Reserve	10–15 min	Beautiful waterfront park and Aboriginal cultural landscape
Walsh Bay	8–12 min	Harbourfront promenades, wharves and Bridge views
Circular Quay	15–20 min	Opera House, Harbour Bridge, ferries and classic Sydney views
Sydney Opera House exterior	20–25 min	Walk around one of the world's most recognisable buildings
Museum of Contemporary Art Australia	15–20 min	Free general admission and excellent harbour views
Royal Botanic Garden	25–30 min	Free gardens, harbour scenery and Mrs Macquarie's Point
Harbour Bridge, Luna Park & Wendy Whiteley's Secret Garden	40-50 min	Walk across the Harbour Bridge and through Luna Park (free entry) and/or to Wendy Whiteley's Secret Garden

Walking times are approximate and depend on pace and route. Sydney has some hills, stairs and uneven historic paving, particularly around The Rocks and Observatory Hill.

Observatory Hill → The Rocks → Circular Quay

A great first walk for visitors who want the Sydney highlights without spending anything. Start at Observatory Hill for views towards the Harbour Bridge, then wander downhill through The Rocks. Continue along the waterfront towards Circular Quay, where you can see the Opera House and watch ferries crossing the harbour.

- Allow about 1–2 hours if you stop for photos and explore the laneways.
- Best at late afternoon or around sunset for photographs.
- Wear comfortable shoes: the historic streets can be steep or cobbled.

Barangaroo Reserve

Walk south from the hotel towards Barangaroo and explore the landscaped foreshore and headland. It is a particularly good option for a short break between conference sessions.

- Free to enter.
- Excellent harbour and city views.
- Combine with a walk through The Rocks or along the waterfront.

Walsh Bay & Dawes Point

Head towards Walsh Bay and Dawes Point for a quieter harbourfront stroll. The area has historic wharves, sandstone buildings and excellent angles towards the Harbour Bridge.

Harbour Bridge walk and Wendy Whiteley's Secret Garden

Cross the Harbour Bridge (or catch the ferry from Circular Quay to Milson Point) to visit Luna Park (free entry) or Wendy Whiteley's Secret Garden which hides amongst the Lavender Bay Parklands, which are an attractive part of Sydney Harbour– with lovely views, and, as many visitors say – a special feeling of peace and tranquility. For

more information about Wendy's story, you can visit https://www.wendyssecretgarden.org.au/wendys-story/. Wendy and her renowned artist husband, the late Brett Whiteley, set up their family home in Lavender Bay in 1970 and lived there together for two decades before Brett's passing when Wendy began restoring the land surrounding their home.

3. Free Sydney sights nearby

Sydney Opera House

You do not need to buy a tour or show ticket to walk around the outside of the Opera House. The forecourt and surrounding harbour promenade provide iconic views of the sails, Harbour Bridge and Circular Quay.

- From Circular Quay, the Opera House is about a 6–10 minute walk.
- The Opera House offers paid tours and performances, but simply visiting the exterior is free.

Museum of Contemporary Art Australia (MCA)

The MCA at Circular Quay has free general admission to its collection displays and many exhibitions. It is a good rainy-day option and the rooftop/upper levels provide superb harbour views.

Royal Botanic Garden & Mrs Macquarie's Point

The Royal Botanic Garden is free to enter and is an easy extension of a Circular Quay visit. Walk through the gardens towards Mrs Macquarie's Point for one of Sydney's classic views of the Opera House and Harbour Bridge together.

The Rocks

Explore the historic streets, sandstone buildings, harbourfront and small laneways around The Rocks. There is no entry fee to wander the precinct. Markets and some attractions operate on particular days and may have different opening hours.

4. Public transport in Sydney

Sydney's public transport network includes trains, Metro, buses, light rail and ferries. For visitors, contactless payment is usually the simplest option.

- Tap on and tap off with the same contactless Visa/Mastercard/Amex card or the same device/wallet each time. Buses have the tap on mechanism onboard the bus, whereas all other forms of public transport have Opal towers at the station before you board.
- Alternatively, use an Opal card. Adult Opal cards are available from Opal retailers and are free; you add credit before travelling.
- Do not use one card for multiple people: each traveller needs their own card/device or Opal card.
- Always tap on and tap off. An incomplete journey can result in a default fare.
- Circular Quay is the main nearby transport hub for ferries, trains and buses.
- Ferries are a particularly scenic way to experience Sydney Harbour. A ferry trip costs money, but the views make it a popular low-cost sightseeing option.
- You may use Transport NSW or Google Maps to get public transport travel time and estimated arrival times. Transport NSW is generally more accurate and includes cost estimates.

Transport for NSW: transportnsw.info

Opal information: transportnsw.info/tickets-fares/opal

Current Opal fare tips

As at September 2026, adult Opal/contactless travel has a daily cap of $19.30 Monday–Thursday (excluding public holidays) and $9.65 Friday–Sunday and public holidays. A weekly cap of $50 applies Monday–Sunday. Off-peak discounts can also apply. Fares and caps can change, so check Transport for NSW before travelling.

5. Private or rideshare transport

Australia has several providers of on-demand transport, including:

- Uber.
- Didi.
- Taxi services: 13cabs; Rydo; Silver Top – please ensure the meter is running when your journey begins to avoid overpaying.

6. Useful information for international visitors

Visa & entry requirements

- Check your Australian visa requirements before travelling. Visitors may need an ETA, eVisitor or Visitor visa depending on passport and circumstances.
- Your passport must be valid for travel. Keep your visa/ETA details accessible, even when linked electronically to your passport.
- On arrival, international passengers may need to complete an Incoming Passenger Card and comply with Australian biosecurity requirements.
- Declare food, plant material, animal products and other restricted items when required. When in doubt, declare it.

Australian visa information: immi.homeaffairs.gov.au

Arrival at Sydney Airport

- Sydney Airport is about 9 km from The Langham; the hotel estimates roughly 45 minutes by car in typical conditions, although traffic can vary.
- Eligible travellers with ePassports can use Australian Border Force SmartGates. Follow the airport signs and instructions.
- Allow extra time after landing for immigration, baggage collection and biosecurity clearance.

Money & payments

- Australia uses the Australian dollar (AUD).
- Cards and contactless payments are widely accepted.
- Check with your bank about international transaction fees before travelling.
- Tipping is not generally expected in Australia. It is optional for good service, rather than an obligation.

- Prices are normally displayed in Australian dollars and generally include the 10% GST, meaning what you see advertised is what you pay at the cash register. There may sometimes be an EFTPOS fee though those should be rare.

Power & mobile phones

- Australia uses Type I electrical outlets and 230V / 50Hz power. International visitors may need a travel adaptor.
- Check whether your mobile plan includes Australian roaming. Alternatively, consider an Australian SIM/eSIM.
- Free Wi-Fi is common in hotels, cafés and many public venues, but availability varies.
- Our international phone code is +61 for anyone overseas that may be trying to reach out. The +61 replaces the 0 for mobile numbers or the state code for our phones. For example, for mobiles that would be +61400 123 456/ 0400 123 456, and for landlines in NSW that would be +612 9999 9999/ 02 9999 9999.
- Telstra provides some public payphones around Sydney which can be used to dial Australian landlines and mobiles for free. You can find the nearest public phones here.

Safety & emergencies

- Emergency number: call 000 for police, fire or ambulance.
- 112 is an emergency number that can be dialled from a mobile phone in Australia.
- Australia has strong sun exposure. Wear sunscreen, sunglasses and a hat, and carry water when walking.
- Swim only at patrolled beaches, swim between the red and yellow flags, and follow signs and lifeguard instructions.
- Sydney is generally safe, but use normal city precautions: keep valuables secure and be aware of your surroundings.

Health & travel insurance

- Visitors should have appropriate travel insurance covering medical care, hospital treatment, cancellation and lost baggage.
- Do not assume Australian Medicare will cover you. Eligibility depends on your circumstances and country of residence.
- Bring regular medications in their original packaging and carry a copy of your prescription if appropriate.

7. Little things that make Sydney easier

- Sydney drives on the left. Look both ways before crossing, and follow pedestrian signals.
- Distances can look short on a map but hills and heat can make walking more tiring than expected.
- Tap water is safe to drink. Bring a refillable water bottle.
- Weather can change quickly. A light rain jacket or compact umbrella is useful.
- Sydney cafés and shops often use card/contactless payment, so carrying large amounts of cash is unnecessary.
- Australian English can often use Australian slang; 'footpath' means sidewalk; ‘servo’ means petrol/gas station; ‘arvo’ means afternoon.

8. Useful official websites

- The Langham, Sydney
- Transport for NSW

- Opal
- Australian Department of Home Affairs – visas
- Australian Border Force – arriving in Australia
- Sydney Opera House
- Museum of Contemporary Art Australia
- Royal Botanic Garden Sydney
- Barangaroo

9. The Matilda Centre

Street Address
The Matilda Centre
Level 6 Jane Foss Russell Building GO2
160 City Rd, Darlington, NSW 2008
Matilda.centre@sydney.edu.au
02 8627 9048

We are located on Level 6 of the Jane Foss Russell Building G02, the University of Sydney.

City Road entrance
If you arrive on City Road, you can find the entrance to our building by walking up the few steps between the Verge gallery and towards where the footbridge begins. Then walk between the USyd merchandise store and the footbridge steps, on your left will be a sliding glass door which leads to the lifts. From there head to level 6 and turn right.

Maze Crescent entrance
If entering the building from Maze Crescent, head to the pedestrian crossing and walk up the first flight of stairs towards the SciTech library through the first set of doors and without entering the main library (on the right) head to the lift which can take you to level 6.

Parking
All parking around the University of Sydney is metered via the pay machines or in some areas you can use the Cello Park app. For visitors, this is $24 a day. Public transport is a much cheaper option.

The most convenient parking areas for the Jane Foss Russell Building are highlighted below, with the Sheppard Street carpark on the corner of Cleveland Street offering the most spaces. There are also limited spaces available on City Road between 10am and 3pm.

A. Working in the office
Reception is open 8am-4pm, however, the office is open 8am-6pm. You are welcome to come and go as you please.

B. WIFI
Guest WIFI accounts can be set up for visitors. Please let us know if you require this.

10. Black Dog Institute

Street Address
Black Dog Institute
Hospital Road
Prince of Wales Hospital
Randwick NSW 2031
blackdog@blackdog.org.au
(02) 9382 4530

11. Australian National University

Street Address
National Centre for Epidemiology and Population Health
Australian National University
62 Mills Road
The Australian National University
Acton ACT 2601

A final note

This guide is designed as a convenient conference visitor guide. Opening hours, public transport fares, visa requirements, events and access arrangements can change. Please check the relevant official website before travelling or visiting.