

AIK LTD KINESIOLOGY CONFERENCE

22nd - 23rd May 2027
ALIGN
SYDNEY, AUSTRALIA

SYDNEY CBD GUIDE

Accommodation & Attractions Guide

Everything you need for your stay near World Square



● Conference Accommodation

Conference Location

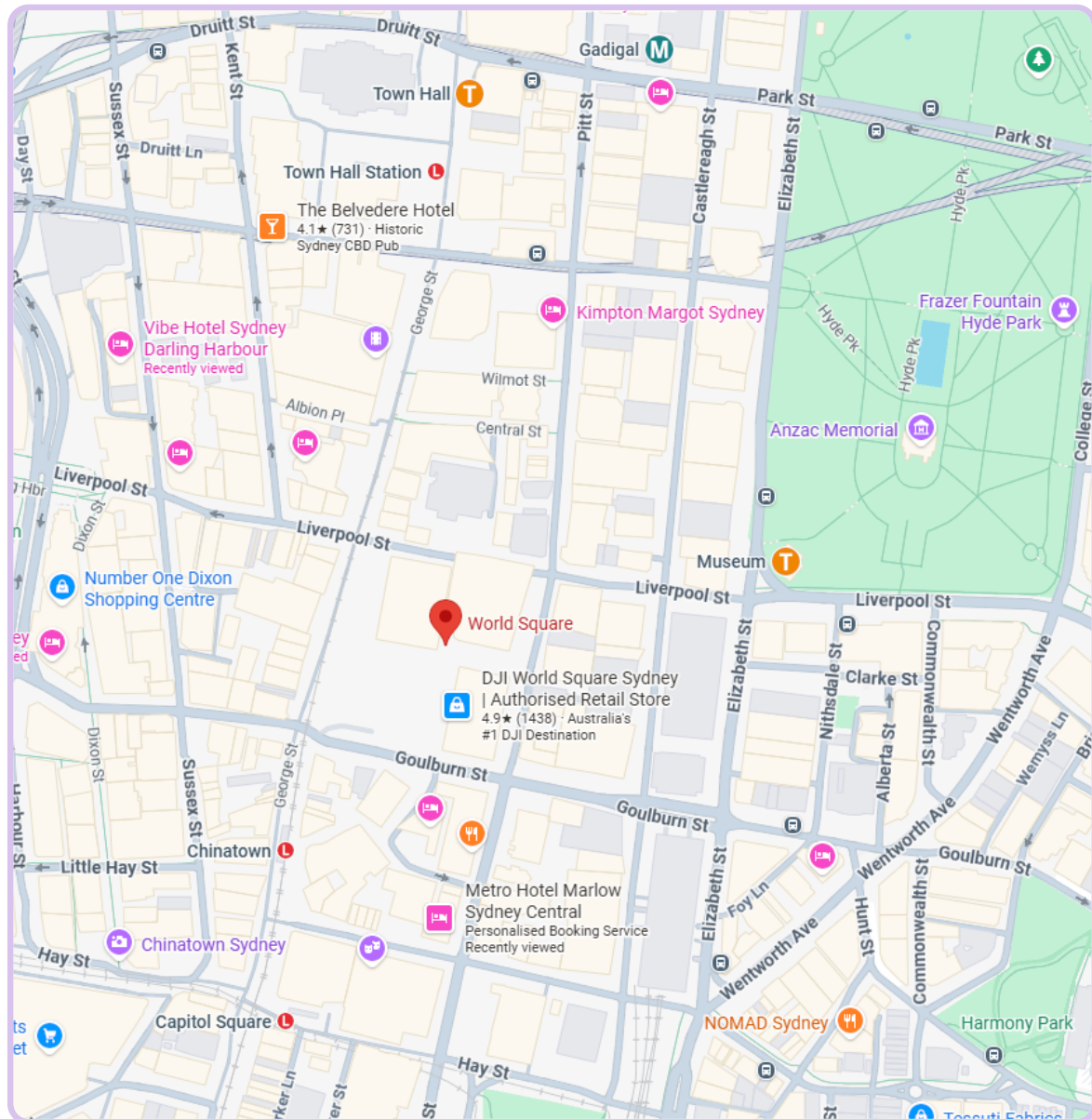
Rydges World Square

389 Pitt St, Sydney

When you're visiting Sydney and looking for the perfect place to stay, Rydges World Square puts you right in the centre of it all. Located in Sydney's prime CBD, you're just moments away from Darling Harbour's waterfront dining and entertainment, the Capitol Theatre for world-class shows, Chinatown's incredible food scene, and premier shopping at Pitt Street Mall, World Square, and the QVB. The Light Rail is on your doorstep for easy access to Sydney Harbour, Circular Quay, The Opera House, and The Rocks, while Town Hall and Central Railway Station are a short walk away for connections throughout greater Sydney and beyond.

World Square is a residential, shopping, dining and event precinct located in the Sydney Central Business District. It fills an entire Sydney city block, bounded by George, Liverpool, Pitt and Goulburn Streets, on what was a small hill called Brickfield Hill. There is also a Coles supermarket on the bottom level of the shopping area. Rydges is located within this precinct and entrance can be either through the World Square precinct, or via the Pitt St entrance.

- Getting to Rydges World Square — [Parking & Directions](#)
- Getting to World Square & details for parking — <https://worldsquare.com.au/how-to-get-here/>
- Getting to World Square via train from Sydney Airport — [Getting to and from Sydney Airport](#)
- Please access the Transport NSW Trip Planner to plan your trip — [Transport NSW Trip Planner](#) — this includes buses, ferry, metro, trains, lightrail, taxi, drive & walk



Map of World Square location

Access to World Square from Pitt Street, Liverpool Street, George Street, and Goulburn Street, as the precinct occupies an entire city block bounded by all four roads.

● Accommodation at World Square

- Rydges World Square — [Rydges World Square](#)
- Ibis — [Ibis World Square](#)
- APX World Square **APARTMENT STYLE** — [APX World Square](#)

● Within a 5–10 Minute Walk

- Vibe Hotel Sydney — [Vibe Hotel Sydney](#)
- Metro Motel Marlow Sydney Central — [Metro Hotel Marlow Sydney Central](#)
- Mantra Sydney Central **APARTMENT STYLE** — [Mantra Sydney Central](#)
- The Capital Hotel — [The Capital Hotel Sydney](#)
- Ibis Styles Sydney Central — [Ibis Styles Sydney Central](#)
- Rydges Darling Square **APARTMENT STYLE** — [Rydges Darling Square Apartment Hotel](#)
- Vibe Hotel Sydney Darling Harbour — [Vibe Hotel Sydney Darling Harbour](#)
- Meriton Suites Kent St **APARTMENT STYLE** — [Meriton Suites Kent Street Sydney](#)
- Park Regis City Centre — [Park Regis City Centre](#)
- Caption by Hyatt Central Sydney — [Caption by Hyatt Central Sydney](#)
- Great Southern Hotel Sydney — [Great Southern Hotel Sydney](#)
- Mantra on Kent St **APARTMENT STYLE** — [Mantra on Kent](#)

● Things to Do in Sydney CBD

- Shopping & dining at World Square — [World Square](#)
- Shopping & dining, places to see — [Attractions from Rydges](#)
- Entertainment & sightseeing — [Attractions from Ibis](#)
- Dining & attractions around Darling Harbour — [Darling Harbour](#) & [Darling Harbour](#)
- Dining & attractions around Circular Quay — [Circular Quay](#)
- Shopping, dining & attractions around The Rocks — [The Rocks](#)
- Shopping spots around Sydney CBD — [Shopping in the City](#)

Tip: hotels tagged **APARTMENT STYLE** offer kitchenette or full-kitchen apartment rooms — handy for guests staying longer or travelling with family.

Disclaimer

The accommodation & attraction options listed in this guide are provided for informational purposes only and do not constitute a recommendation or endorsement by AIK Ltd. Attendees are under no obligation to book any of the properties listed and are welcome to select accommodation of their own choosing. We encourage all guests to conduct their own research and due diligence, including checking current rates, availability, and reviews, before making a booking.