



***EXPLORE SYDNEY: A
BEGINNER'S GUIDE
TO ITS VIBRANT
AREAS***



ABSTRACT

Sydney is a city of promises, of diversified people, and nationalities. Gradually building its own shades from different shades of people who live here, a true cosmopolitan and true spirit of world-citizenship. It is hard to identify the original natives of the city, as there has been none actually it's an amalgamation of various nationalities and diversities. It's absolutely astonishing the way it has embraced different cultures and their festivals. Here you can live the notion of calling yourself a world-citizen.

INTRODUCTION

Welcome to the dazzling mosaic that is Sydney! Whether you're a buzzing singleton, a family in quest of the perfect nesting spot, or a retiree ready to soak in the tranquillity, Sydney offers a slice of paradise for everyone. However, with such variety comes the challenge of choosing a locale from the regions of Sydney that best fits your lifestyle needs. Fret not—this guide is here to whisk you through the vibrant regions of Sydney, making sure your move is as snug as a bug in a rug!

I. Sydney Information

Sydney, the capital of New South Wales, Australia. It is Australia's oldest and largest city with a population of around 4 million. Sydney is built around a huge harbour and hosts many tourist attractions as well as a number of beaches, bays and a couple of national parks.

Sydney was first visited by the British in 1770 when Captain James Cook and Joseph Banks sailed the Endeavor into Botany Bay. The First Fleet arrived at Botany Bay in 1788 under the command of Governor Arthur Phillip.



Phillip but found Botany Bay unsatisfactory and sailed north and landed at Sydney Cove on Sydney Harbour. Phillip originally named the colony 'New Albion', but then the colony acquired the name 'Sydney', after the British Home Secretary, Thomas Townshend, Lord Sydney.

Sydney has many influences upon its style. Aboriginal sites and engravings can still be seen from the original occupiers, the Eora tribe. The city also has an anglo-mediterranean style and a growing Chinese and Asian influence.

The city is divided into North and South by the Sydney Harbour, with both Sydney Harbour Bridge and Tunnel connecting them. Most of the tourist attractions are in the South part of the city, with a large business and residential area in the North.

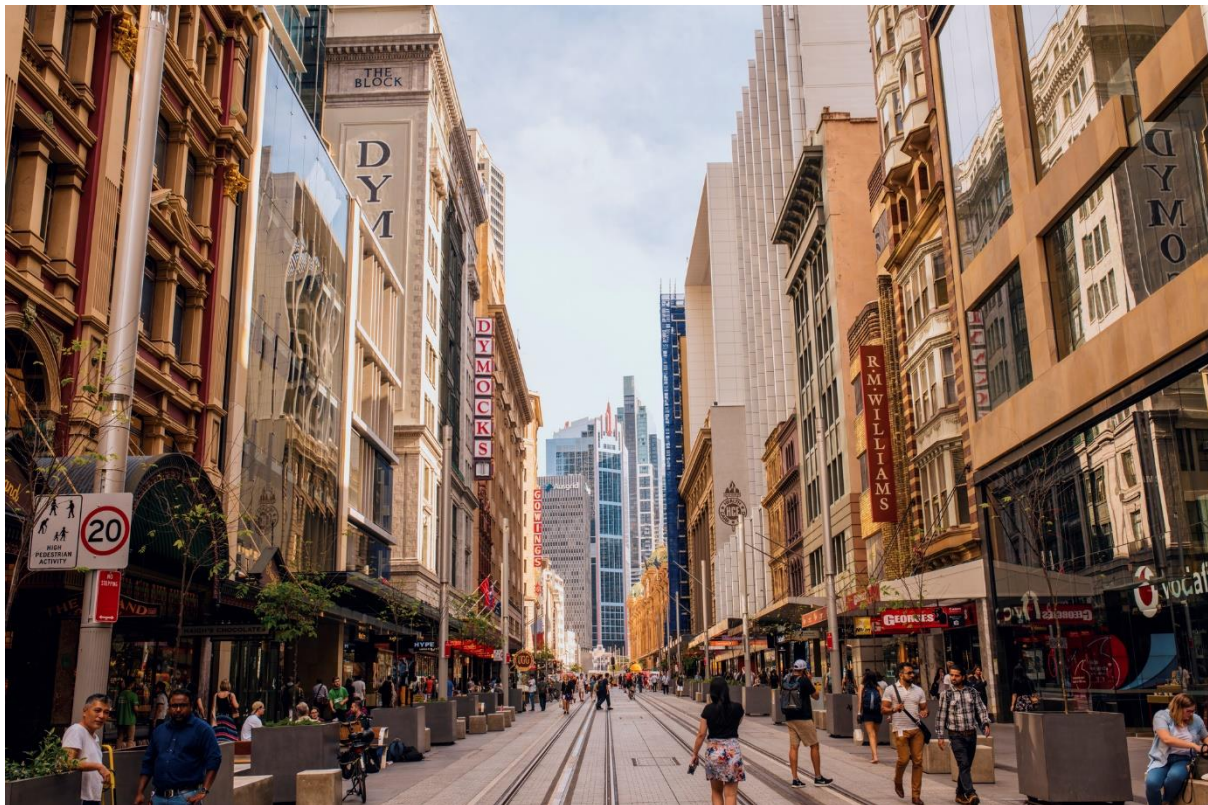
The South part of the city consists of The Rocks and Circular Quay to the North, with the Central Station marking the South. Darling Harbour marks the West and there are a number of parks to the East.

On the corner of Market and Elizabeth Streets you will find the country's most prestigious department store - David Jones. While visiting this awesome store be sure to stop at their equally renown 'Food Glorious Food' Department. You can choose from one of their many gourmet delights and then stroll over to the beautiful Hyde Park for a picnic.

A shopper's dream, Sydney's Central Business District is home to some of the best shopping centres in the city. There is something for everyone with over 400 specialty stores in just 8 retail centres. Pitt Street Mall is where you will find the popular re-branded Myer Store.

Don't miss the chance to shop in the famous Queen Victoria building. This stunning shopping centre occupies an entire city block. Initially completed in 1989, the Queen Victoria was restored during the 1970's and is now home to a huge array of boutiques and designer stores.

Opposite the Queen Victoria building is the historic Sydney Town Hall, built in the 1880's. While in the city travel to the top of Sydney Tower, the tallest structure in Australia, and see amazing 360° views of Sydney.



Sydney offers a whole range of great tourist attractions from the world famous Sydney Opera House and Sydney Harbour Bridge to the sandy shores of Bondi Beach. A great way to get to see as much of Sydney as possible is to take an organised tour such as a walking tour, cycling tour, bus tours, even a helicopter tour.

There is also plenty of tourist accommodation available to be booked online with Australian Explorer, including the many Sydney apartments which give you the flexibility of self catering, or perhaps you prefer a more homely feel of Sydney bed and breakfasts.

For those of you on a budget you may like to consider one of the many Sydney hostels, or for a more traditional holiday you can choose from the many Sydney hotels. All of these accommodation options can fill up very quickly at peak times so be sure to book early.

II. Reasons to absolutely adore Sydney



Ahhh Sydney, we really, really heart you. You're so beautiful, varied, sunny, and delicious. You give us so much hiking to do, culture to experience and Australian slang to learn (here's a quick crash course). But *ahem* can Sydney really be worth all the hype? In a word: absolutely. Locals, expats and visitors agree. Here are ten reasons to love, love, LOVE Australia's jewel.

1. The harbour

Impossible to be not be impressed? We think so. As kangaroos are to Australia, harbour is to Sydney – it's impossible to separate the two. Choose your adventure – explore it on foot, aboard a ferry, or while island-hopping (bonus fact: there are islands in Sydney Harbour – Fort Denison, Shark, Clark, Rodd, Goat and Cockatoo). See it from atop the Harbour Bridge or while surfing or stand-up paddleboarding along its more than 240 kilometers of shoreline.

2. Beaches

Yes, so many kilometers of coastline give Sydney a lot – dozens! – of beaches, with something for every taste: calm waters, photo-worthy coves, stunning sea pools (like

the Bondi Icebergs one picture above), or just a great surf spot. There are beach-to-beach coastal walks, nature trails (including the 500 meter underwater nature trail at Gordons Bay) and surfing culture at Curl Curl, Narrabeen and Newport beaches, among many others. A bonus reason to love Sydney beaches? They make your day out easy, with electric barbeques, changing rooms, kiosks, play areas and public toilets.



3. Food

When overseas, Australians love to bond over food as much as anyone. But as the conversation turns to traditional food from each country, “So, what’s a typical Aussie dish?”, you’re not likely to get a very detailed answer. This is because – after years of immigration – international cuisine is the norm in Australia. In Sydney, you’ll find amazing and authentic Asian, Latino, European and even African cuisine.

In the city center, sample some of Asia’s yummiest dishes in Chinatown, Thaitown and Koreatown. Still hungry? Head to the neighbourhood of Marrickville for Greek, Vietnamese, and Portuguese fare, or get your Turkish and Lebanese fix in Granville, Lakemba and Auburn. Oh, and an Italian craving can be fixed in Leichhardt. And that’s just the entree in a very long, delicious dinner party!

4. Trails and walks

With so much coastline the best way to see Sydney is on foot. Start with the easy 1.8 kilometer Hermitage Foreshore Track, the relaxed Bradleys Head walk, or the park-style Bondi to Coogee Coastal Walk. Later, up your mileage on the 30km Harbour Bridge to South Head walk, an inner-city trail reaching the harbour's entry point. Many tour companies offer guided walks of Sydney's coastal trails – or do it yourself with a picnic lunch and great company!

5. Aussie English

Australian English remains popular because of its unique tone, laid-back style and creative slang. In Sydney, don't forget your bathers (bathing suit, also called swimmers, togs or cozzie) or to spread heaps of avo (lots of avocado) on your toast. Aussie terms also extend to coffee culture, where you will need to decide if you prefer a flat white, short black or long black... Again, here's something to get you started before you even go.

6. The Manly Ferry

For a mini day trip, hop on a rolling harbour ferry to Manly, one of the city's most loved waterside suburbs. The 15 minutes ferry ride is the highlight for many, as the vessel lurches gently along through the water. Once in Manly, grab some fish and chips and a spot on the beach for an outdoor meal, or browse the peninsula's superb restaurants and cafes.

7. National Parks

Sydney is surrounded by picturesque national parks. Visit the famous Blue Mountains west of the city, Ku-ring-gai Chase National Park to the north or the Royal National Park to the south. Between them, they boast dozens of premier bushwalking trails, as well as creeks, gorges, ocean views, mangroves, and cliffs. If you like your nature with a dose of adventure, try abseiling, kayaking, canoeing, mountain biking and even horseback riding.



8. Whale watching

You read right! Catch a glimpse of migrating humpback whales from Sydney's best vantage points. The season officially runs from May to November, but your chances increase around in winter solstice in late June and early July. Try your luck at North Head lookout, Hornby Lighthouse near Watsons Bay, South Head, Shark Island, and Sydney Harbour National Park's Arabanoo Lookout. Visit in the early morning or afternoon to avoid glare from the sun, and come prepared with a windbreaker, sunblock, hat (even in winter!) and binoculars.

9. Culture

Everyone knows the jaunty white shape of the Sydney Opera House, the classic place for a culture shot. But it's not all Sydney offers. In January, the city is taken over by the Sydney Festival and its museums, galleries, parks, squares, restaurants and other venues open their doors to three weeks of theater, cabaret, comedy, free events, workshops, circus and dance. Outside the month of January, the Art Gallery of NSW, State Theatre and a myriad of independent artists and performers continue revving the culture engine.

10. The weather

Sydney's weather is generally as delightful as its food, walking trails, views – and everything else discussed here, so in terms of the best time to visit, with 300 days of sunshine a year, you're spoiled for choice. For those who like stats: In summer

expect 19° – 26°; fall 15° – 22°; spring 11° – 23° and winter 9° – 17°. Clearly, a Sydney winter is not the freezing affair that Northern Hemisphere visitors are used to!



III. Explore The Vibrant Capital City With These 22 Must-See Sydney Tourist Attractions In 2024!

To save you the trouble of research, we have compiled a list of the most amazing tourist attractions in Sydney.

1. Cockatoo Island



A short ferry ride from the Sydney's center will take you to Cockatoo Island – Sydney Harbor's largest island. This is from the list of top Sydney tourist places. An audio tour or a self-guided journey gives tourists an insight into the shipbuilding history of the island. It is the only Sydney Harbor Island where you can stay overnight in a luxury apartment or camp at the harbor's edge.

Do Not Miss: Tennis on the harbor, overnight camping, marine center, and the Island Bar

Getting There: There are regular ferries from the Circular Quay, Darling Harbor, and other inner harbor docks.

Tip: Though tourists have an option of staying overnight at luxury apartments, it is recommended to try the overnight camps in what Lonely Planet described as "one of the world's most spectacularly located campsites".

2. Bondi Beach



The turquoise waters, golden sands, and the lovely waves make Bondi beach one of the best Sydney tourist attractions at night. You can enjoy watersports, diverse shopping markets, exotic fine dining, buzzing nightlife, and soothing coastal walks. This is one of the best tourist places in Sydney.

Do Not Miss: Whale-watching, cliff-top golfing, shopping, surfing, sea-side water polo, Bondi to Coogee coastal walk, Flickerfest international short film festival, Ben and Jerrys' open air cinemas, and Bowl-A-Rama skateboarding competition.

Getting There: Well connected by trains and taxis, the nearest station is Campbell Pde Near Hall Station

Tip: Try attending the largest annual free-to-the-public outdoor sculpture exhibition – Sculpture by the Sea.

3. Port Jackson



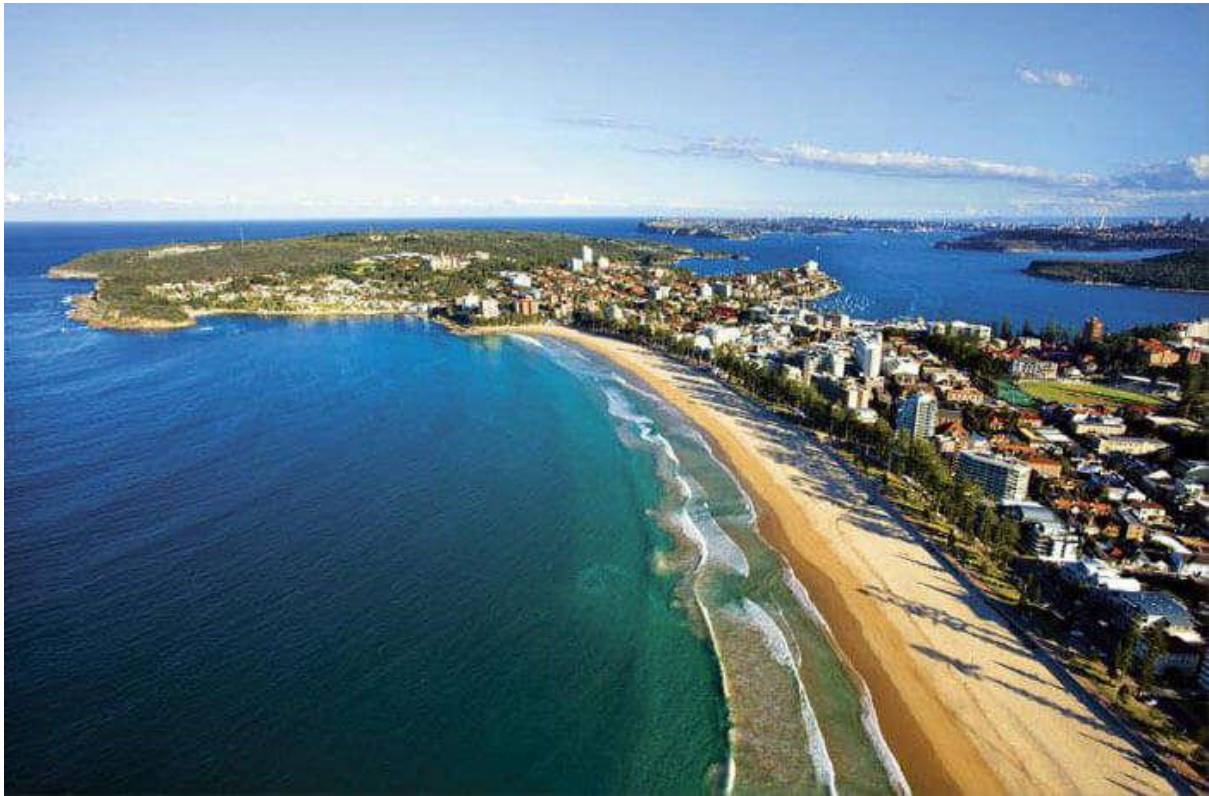
Wondering where to go sightseeing in Sydney? A natural harbor of Sydney, Port Jackson comprises the waters of Sydney Harbour, Middle Harbour, North Harbour and the Lane Cove and Parramatta Rivers. Within its vast boundaries it encapsulates the Sydney Harbor Sea Bridge, Opera House, several islands, wildlife sanctuaries, etc.

Do Not Miss: Sydney Harbor Bridge, Sydney Harbor National Park, Clark Island, Shark Island, Goat Island, Fort Denison, and Sydney Hobart Yacht Race

Getting There: Well connected by all modes of transport, its sea entrance (1.5 miles wide) is between North and South Heads, where naval and military stations are located.

Tip: Take the 24 hour/ 48 hour Hop-On-Hop-Off Sydney Tour Bus or the Full-Day Harbor Odyssey Tour and Cruise to have the entire tour of the Sydney harbor.

4. Manly Beach



Situated among the northern beaches of Sydney, the Manly Beach was named by Captain Arthur Phillip after the confidence and manly behavior of the indigenous people living there. One of the first places to offer swimming and surfing, Manly doesn't fail to impress tourists with wide ocean beaches on one side and serene sandy harbor coves on the other. It is one of the best places to visit in Sydney.

Do Not Miss: Manly Art Gallery and Museum, Manly Ocean World, Manly Bike Tours, and Surfing

Getting There: Public ferries (30 minutes) or Private ferries (15 minutes) from the Circular Quay

Tip: If you are a surfing fan, visit in February when it hosts the Australian Open of surfing.

5. Darling Harbor



Amongst the long list of Sydney tourist attractions, Darling Harbor emerges as a true darling for people of all hues, ages, and genders. This waterfront pedestrian precinct houses shops, restaurants, museums, exhibitions, and entertainment venues and is one of the best places to visit in Sydney.

Do Not Miss: Madame Tussaud's, Wildlife Sydney Zoo, Sea Life Sydney Aquarium, IMAX and 9D theater, harbor jet boat rides, and Chinese Garden of Friendship for the couples

Getting There: You can arrive by train, bus, Metro Light Rail or walk from Sydney's CBD.

Tip: You need not wait for occasions like New Year's Eve to see fireworks in Sydney. Darling Harbor celebrates most weekends in just the same way. [Click here](#) to know the fireworks' dates of 2022.

6. Taronga Zoo



If you are looking for close encounters with wildlife and superb views of the Sydney skyline, you need not be at two different places. Amongst the tourist attractions in Sydney, the Taronga Zoo provides both to all its visitors. In addition to being a tourist attraction in Sydney, the zoo hosts corporate events, family functions, and even marriages!

Location: Bradleys Head Road, Mosman

Hours: Open on all days except the Christmas Day; 9:30 am – 5 pm (September – April), 9:30 am – 4:40 pm (May – August and New Year’s Eve)

Entry Fee: Adults \$44, Children (4 – 15 years) \$22

Do Not Miss: Lemur Adventure Park, Koala Encounter, Seal Show, and Giraffe Enclosure

Getting There: Buses to zoo from Wynyard; Ferries from Circular Quay (12 minutes ride)

Tip: Check for availability and book a ‘Roar and Snore’ overnight zoo stay.

7. Sea Life Sydney Aquarium



Home to over 13,000 aquatic animals from over 700 species, Sea Life Sydney Aquarium provides for a unique experience with its freshwater and marine aquatic environments.

Location: 1 – 5 Wheat Road, City Side, Darling Harbor, Sydney NSW 2000

Hours: 9:30 am – 7:00 pm, 365 days a year

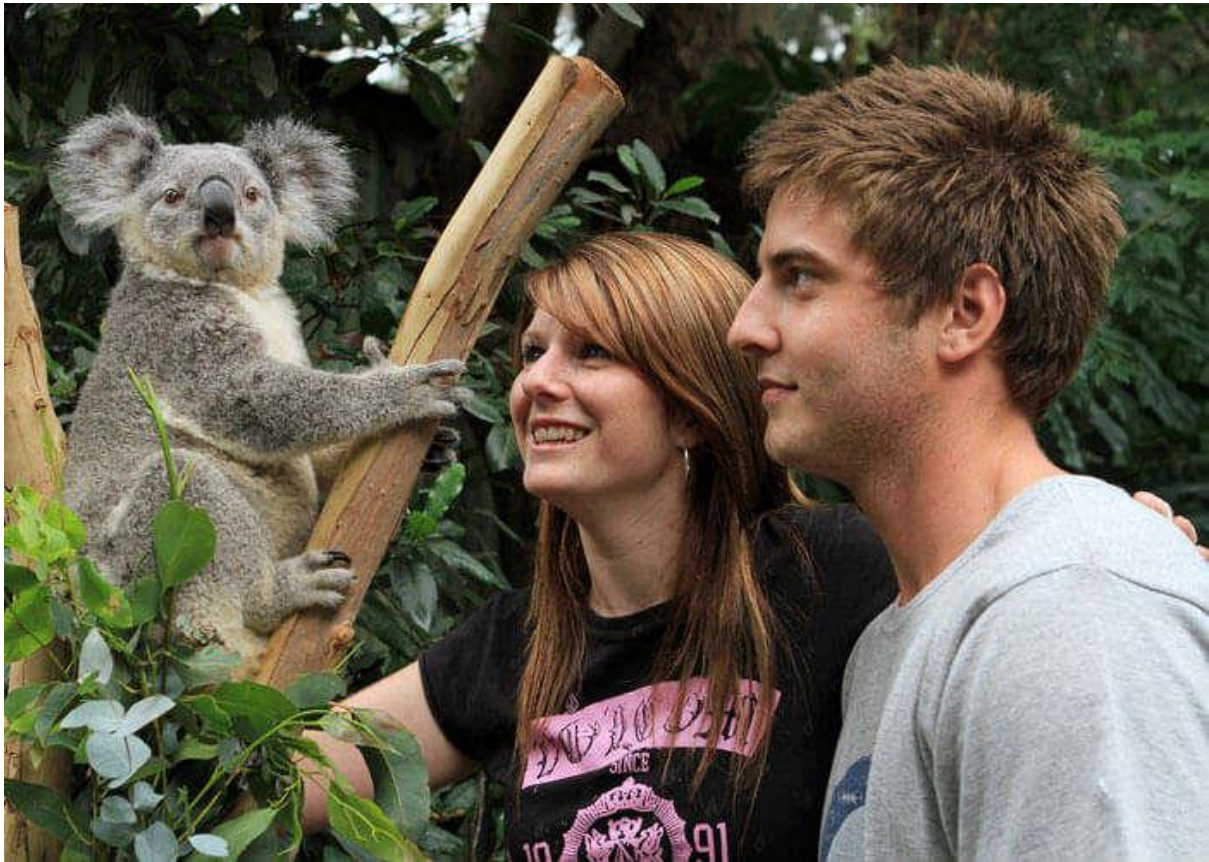
Entry Fee: Adults \$40, See offers here

Do Not Miss: Shark Reef snorkeling, Octonauts Zone, Dugong Island, Bay of Rays, Discovery Rockpool, and Glass Bottom Boat

Getting There: Ferries from Circular Quay leave every half an hour. Click to know more.

Tip: Located very close by is the Wildlife Sydney Zoo. So after a visit to the aquarium, head there.

8. Featherdale Wildlife Park



Boasting of a comprehensive collection of native wildlife, Featherdale Wildlife Park gives an opportunity to cuddle up to a Koala and hand feed Kangaroos and Wallabies. Many celebrities have visited Featherdale, including Leonardo DiCaprio, Gwen Stefani, Kristen Stewart, Robert De Niro, and Matt Damon.

Location: 217 Kildare Road, Doonside NSW 2767

Hours: Open on all days except the Christmas Day, 9am – 5 pm

Entry Fee: Adults \$29.50, Children (4 – 15 years) \$16; [Book here](#)

Do Not Miss: Face-to-face encounters with Wallabies, Koalas, Kangaroos, Emus, Bettongs, Little Penguins, Wombats, and many other endangered species

Getting There: A train to Blacktown, followed by a 10 min ride on bus #725 from the station drops you right outside the park gates.

Tip: At Blacktown, one can try indoor rock climbing at Climb Oz.

9. Museum Of Contemporary Art



The Museum of Contemporary Art (MCA) in Sydney is an Australian museum dedicated solely to exhibiting, interpreting and collecting contemporary art.

Location: 140 George Street, The Rocks NSW 2000, Australia

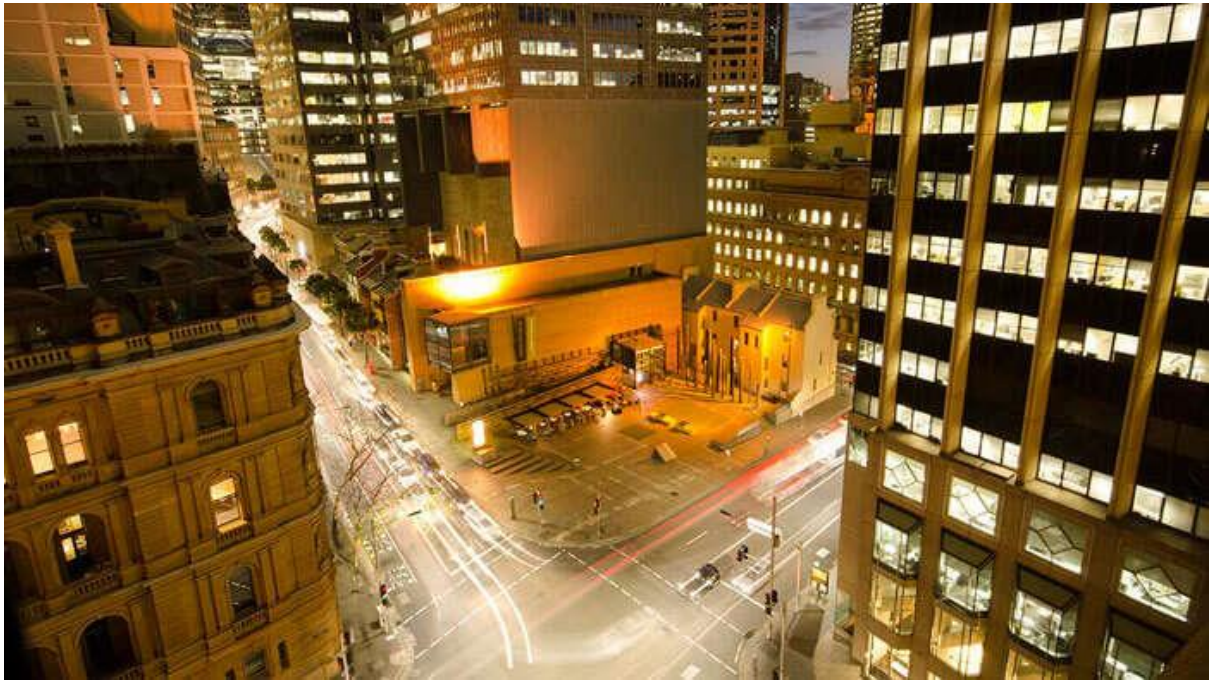
Hours: Monday – Wednesday: 10 am – 5 pm, Thursday: 10 am – 9 pm, Friday – Sunday: 10 am – 5 pm, Closed on Christmas

Entry Fee: Free

Getting There: Catch a bus, train, or ferry from the Circular Quay

Tip: Visit the website to know the timings of the best exhibits of the day.

10. Museum Of Sydney



One of the prime tourist places in Sydney, the Museum of Sydney is built on the ruins of the first Government House, built in 1788 by Governor Arthur Phillip. Through objects, pictures, and digital media, the museum presents colonial and contemporary Sydney. A giant showcase of the goods and chattels recovered from over 25 archaeological sites depicts Sydney's convict era.

Location: Corner of Phillip & Bridge Street, Sydney NSW 2000, Australia

Hours: 10 am – 5 pm Daily, except Good Friday and Christmas

Entry Fee: Adults \$ 10, Children \$ 5

Getting There: Free CBD shuttle of route 555 stops on Bridge Street near Loftus Street, a 2-minute walk to the museum. The service operates Monday to Friday 9 am to 3.30 pm, weekends 9 am to 6 pm.

Tip: Susannah Place Museum, located at 58-64 Gloucester Street, is only 700 m away and must be visited along with the Museum of Sydney.

IV. The Top 10 Sydney Suburbs For Young People

Sydney is a diverse and bustling city full of amazing suburbs that offer such great opportunities for young people to thrive. Sydney, in all its glory, is unique for its beachside landscape and endless amounts of parks and bushland that surrounds the city. If you're a young person, there are so many suburbs that are fantastic places to live. Whether you're working, a student, travelling or all of the above, Sydney is the place for you.



Sydney – The Perfect Australian City For Young People

Sydney is a real hub for young people. It's got everything a young person needs when it comes to living, working and studying. It's a city full of culture with lots to see and do. So if you're looking for a cool place to move or want a bit of a sea change, then Sydney should be high on your list.

Sydney attracts a large range of people purely because of the lifestyle the city offers. It's home to many opportunities career-wise, as well as great opportunities for the casual and part-time job scene. For young people in particular, this is one of the main attractions when deciding to move to the city. The number of top universities and colleges is also a contributing factor. If you're looking to study away from home – Sydney would be unreal.

Of course, Sydney also has its incredible charm which draws people in. The city itself is rich in history and culture. Suburbs like The Rocks are beautiful and really showcase Sydney's unique history and landmarks. Wandering around here for just an afternoon will make you fall in love with the place!

Now, we do know Sydney is a huge city, and finding a suburb to settle on can be a little challenging – there's simply too many to choose from. To make this decision much easier for you, we've collated information on some of the best suburbs in Sydney to live in if you're a young adult. We've factored in all the necessities, such

as public transport options, cafe and bar scene, proximity to the beach and bush, closeness to universities, co-living options and so much more.

#1 Kensington

Kensington is your quintessential university town. Close enough to the city but also home to some beautiful landscape and nature reserves, Kensington has evolved into a real hub as it's conveniently located close to a few of Sydney's top universities and is also accessible by several public transport routes. Beautiful beaches like Bondi are only about 10 – 20 minutes away by bus!



Plus, the area itself is bustling with loads of restaurants and cafes, not to mention some of the most authentic Asian restaurants and food in the city. Kensington has many parks and lots of trees, making it feel open and spacious. Centennial Park is especially beautiful with lots of wide-open green spaces for you to enjoy a picnic or exercise. There are a heap of co-living and rental properties available as it is so close to UNSW and NIDA. But none better than The Switch which is located in the heart of Kensington. There's a wide range of rooms and living experiences offered at The Switch making your living and renting experience in Sydney super affordable and easy! It's modern student accommodation ideal for anyone moving to Sydney to study or work.

#2 Surry Hills

Surry Hills is an energetic and bustling suburb close to Sydney's city, full of amazing eateries, famous for its trendy cafes and home to a great pub and bar scene! It's very easy to get lost strolling along the pretty streets bar hopping on a balmy Saturday afternoon. It's pretty much Sydney's playground for young people.

Surry Hills isn't far from the CBD and this cute inner-city suburb has plenty of rentals up for grabs. Central station isn't far, so you're pretty much connected to anywhere in Sydney. The community vibe of the suburb is intense, with a diverse range of people calling this suburb home. There is plenty to see and do in this small area, including going to quaint and boutique cinemas or even shopping at some of the local's favourite clothing stores. Prince Alfred Park is also a plus, a great spot to picnic with mates or use the outdoor exercise equipment. You can see why young people rate this lovely suburb highly.



#3 Newtown

Newtown is Sydney's very own eclectic suburb right in the heart of the inner-city. You cannot go past the famous bars and breweries, as well as the fantastic shopping scene which draws in many. The street art lined suburb is bustling with culture and

diversity making it super attractive to young people. Newtown is not far from The University of Sydney and therefore home to many students and international students. The suburb continues to evolve into one of the city's trendiest suburbs, with its quirky nature continuing to remain at the forefront.

#4 South Eveleigh

South Everleigh is a real up and coming suburb in Sydney. Close to Redfern Station and in one of the city's most historical transport areas, it has recently been reinvented into a food hub.

Some incredible eateries have already opened up and more are continuing to. The suburb has transformed into a desirable location for a young person to live and re-locate. The buzzing area is now home to arts, pop ups and local events that make for a great atmosphere amongst the revamped hole-in-the wall restaurants and bars. Students and workers particularly like South Eveleigh due to its convenient closeness to public transport routes. It's not far from universities and colleges plus with many eateries continuing to open up, there's a lot of employment opportunities around!



#5 Ultimo

One thing is for sure in Ultimo, and that is students! The University of Technology, University of Notre Dame and Ultimo TAFE are located in the heart of the suburb which means the place is teeming with students from everywhere! Ultimo is also home to many office buildings so there is a fair amount of young professionals around the place as well.

Located right next to Central Station, Ultimo is literally accessible from anywhere. Due to its student presence, the suburb has some great little bars and eateries that are cheap and delicious – ideal for a young person. Market City and Paddy's Markets are also just around the corner and you won't be able to go past some of their great deals.

#6 Glebe

Glebe can best be described as Sydney's inner-city burrow. The suburb has plenty of charming pubs and friendly cafes with a strong coffee culture. Glebe is definitely its own little community that welcomes anyone and everyone. The cute, terrace style housing and parkland makes it feel super chill and inviting.



Once again, Glebe definitely attracts young people, and as the University of Sydney neighbouring the suburb, lots of students too. Glebe markets, held on the grounds of Glebe Public School, is one of the city's longest running flea markets. It's well known for it's vintage clothing and not to mention delicious treats and drinks!

#7 Paddington

Paddington is Sydney's very own high-street retail hub. The suburb is conveniently situated right near Oxford Street, the famous strip has countless bars, pubs and restaurants, but with it's very own suburban feel. It's no doubt a lively part of town, attracting people from all over to visit what's on offer. Young people thrive in Paddington with it's laid back and inviting vibe. You'll be spoilt for choice when it comes to shopping stores with a fun mix of high-end and vintage stores lining the streets.

#8 Sutherland Shire

Located close to Botany Bay and Georges River, Sutherland Shire had a population of 235,029 in 2023. The gross regional product of the region is \$9.74 billion, and it has various commercial precincts, including Menai, Kirrawee, Cronulla, Caringbah, etc. It is home to many schools and the Sutherland Hospital, which has helped in the rapid growth of the population.



It has several parks and reserves, which add to its natural lushness, and the presence of the serene river makes it a perfect settlement option. Renting a house is common in the region, and most tenants use our prominent services to comply with the requirements of the landlords.

<https://www.bondcleaning.sydney/end-of-lease-cleaning-sutherland-shire/>

#9 Marrickville

Marrickville has turned into a fabulous little suburb in Sydney's inner-west, positioned not far from the heart of the city and also not far from Sydney's southern suburbs and beaches. Marrickville has a strong Vietnamese influence with some incredible restaurants that are so delicious and authentic, you'll be going back for more. With awesome cafes and a train station, it's an unreal spot for a young person to live or rent!



#10 Stanmore

Stanmore, a little hidden gem among some pretty funky Sydney suburbs, but that doesn't mean it isn't just as quirky and inviting on its own! Stanmore is home to some lovely restaurants and classic Aussie style pubs that have been drawing a lot of attention from young people in recent years. Not overly busy, but bustling enough, Stanmore is definitely on its way to becoming one of Sydney's most sought after suburbs to live in. It's also home to a few popular live music venues meaning it hosts some pretty cool talent! The suburb is connected by bus and train lines and isn't a far drive into Sydney city either.

#11 Coogee

Coogee sits quietly (and sometimes very loudly) in the Eastern Suburbs, just south of Bondi. As the end of the Bondi to Coogee walk, it sees lots of people come through and is a bustling place to spend some time.

Visit the always busy Coogee hotel at the weekend, take a dip in the ocean or grab breakfast by the beach. You're bound to make new friends at every turn!

So we've definitely given you a taste of some of Sydney's most popular suburbs among young people, and it's easy to see why! Go and check out which suburb you think you'll like best!

V. Which Sydney suburbs are bearing the brunt of the population surge?

Huge disparities in population growth have emerged across Sydney as numbers spiral higher in some suburbs but remain well below pre-COVID levels in many others.

Around half of the city's suburbs had not recovered their pre-pandemic head count by June 2023, new Bureau of Statistics population figures show. Among the largest declines compared with 2019 were Potts Point-Woolloomooloo (-2979), Kensington (-1115), Newtown (-906) and Bondi Beach-North Bondi (-896).

In contrast, the population has boomed in greenfield suburbs to the city's west; Marsden Park-Shanes Park in Sydney's north-west added nearly 18,000 people between 2019 and 2023.

Other suburbs to register strong post-pandemic growth include Wentworth Point-Sydney Olympic Park in the city's central west, which added 6370 people in the period, and Mascot, which added 3700.

Sydney's overall population growth slumped during pandemic border closures but has since recovered strongly; the city added 147,000 people last financial year, an increase of 2.8 per cent. The population of Greater Sydney reached 5.45 million.

Some neighbourhoods are absorbing a disproportionate share of the post-COVID population surge.



The head count in the north-western suburb of Box Hill-Nelson rose 27 per cent last financial year (+3854 people), while Marsden Park-Shanes Park grew by 20 per cent (+3908 people).

Inner suburban areas popular with overseas students grew strongly, including Ultimo (+19.3 per cent) and Chippendale (+12.5 per cent).

But in Rose Bay-Vaucluse-Watsons Bay the population fell 0.1 per cent, while Hunters Hill rose by 0.1 per cent, Wahroonga 0.3 per cent and Mona Vale-Warriewood North 0.8 per cent.

KPMG urban economist Terry Rawnsley said the lingering effects of the pandemic were influencing population growth patterns in Sydney, along with long-term demographic trends.

“The shock of COVID is still working its way through the system; we’ve had international migrants and students leaving during the pandemic then come back over the last year or so, and we’ve also got the effects of the ageing population,” he said.

“We’ve seen a surge in population in some places, especially in greenfields suburbs to the west, but there are still many pockets where population hasn’t recovered to pre-COVID levels,” he said.

Rawnsley said a host of suburbs in prime locations in Sydney's eastern suburbs, lower north shore and inner west had relatively low growth.

"Those places have some of the best access to jobs and the best local infrastructure, but we're not seeing much population increase there."



Suburbs where deaths outnumbered births in the year to June 2023 included Hunters Hill-Woolwich (113 more deaths than births), Forestville-Killarney Heights (25 more deaths than births) and Avalon-Palm Beach (10 more deaths than births). In Woollahra, births outnumbered deaths by only one in the year, while in Rose Bay-Vaucluse-Watsons Bay the natural increase was two.

The north-western suburb of Schofields-East recorded Sydney's largest natural increase of 502 in 2022-23.

Population growth varied markedly across council areas. Sydney City had the fastest increase at 5.9 per cent in the year to June 2023 followed by Camden (5.5 per cent) and The Hills Shire (4.4 per cent). The lowest growth was in Hunters Hill (+0.7 per cent) and Northern Beaches (+1.7 per cent).

Rawnsley said these post-COVID population growth patterns meant the distribution of Sydney's housing resources had become much less efficient.

“We’ve got some places where every bedroom is occupied but in other parts of the city you’ve got an average of 1-to-1.5 bedrooms empty in every dwelling, which is not the most efficient use of our housing stock,” he said.

The NSW Labor government has announced ambitious plans to boost housing density in established Sydney suburbs, especially near train stations, in a bid to improve housing affordability. However, some councils and resident groups have criticised the strategy.

Sydney’s most densely populated areas also recorded large growth rates in the year to June 2023 (between 4 per cent and 11 per cent) with Sydney (South)-Haymarket, Chippendale, Zetland, Wolli Creek and Waterloo all packing more than 16,000 people per square kilometre, while Bilpin-Colo-St Albans in the Blue Mountains had just 1.3 people in the same space.

In regional NSW only a third of districts had a lower population in June 2023 than before COVID, a smaller share than in Sydney where 49 per cent of suburbs had fewer people than in 2019.

However, the population of flood-hit Lismore council shrunk by 367 last year, more than any other LGA in Australia.

CONCLUSION

Choosing the right region in Sydney isn’t just about finding a place to live—it’s about enhancing the quality of your life. Whether it’s the leafy, family-friendly streets of Castle Hill, the bustling nightlife of Surry Hills, or the serene shores of Mosman, each region offers unique flavours to suit different lifestyles.

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