

Cape Town Tonight

10 THINGS TO DO

With just three days to go until the start of the 2010 World Cup, there's no better time to explore the city's vibrant sports scene, from visiting local fixtures to getting your hands on a ticket for a big game.

SPORTS
Cape Town has a wealth of sports facilities and equipment available. Whether you're looking for a place to play football or basketball, or just want to get active in other ways, there are plenty of options out there. From local clubs like FC Cape Town and Peninsula United,

ENTERTAINMENT
Cape Town's entertainment scene is packed with options, from live music to comedy shows and more. Whether you're looking for a night at the theater or a night out on the town, there's something for everyone.

INDISPENSABLE MATERIALS AND EQUIPMENT

When it comes to sports, safety and protection are key. Make sure you have the right gear, such as a helmet and knee pads, to protect yourself from injuries.

BEST OF CAPE TOWN
Cape Town's best restaurants and bars offer delicious food and drink, as well as great atmosphere.

CAFE COUNTRY
Cafe Country is a great place to grab a bite to eat or a coffee, and it's also a great spot for people-watching.

THE BAKERY
The Bakery is a popular name for a cafe in Cape Town, and it's known for its delicious pastries and coffee.

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BAKERY

WOLFGANG

FAUST

HARRY CITY

SHAWU VARIETY

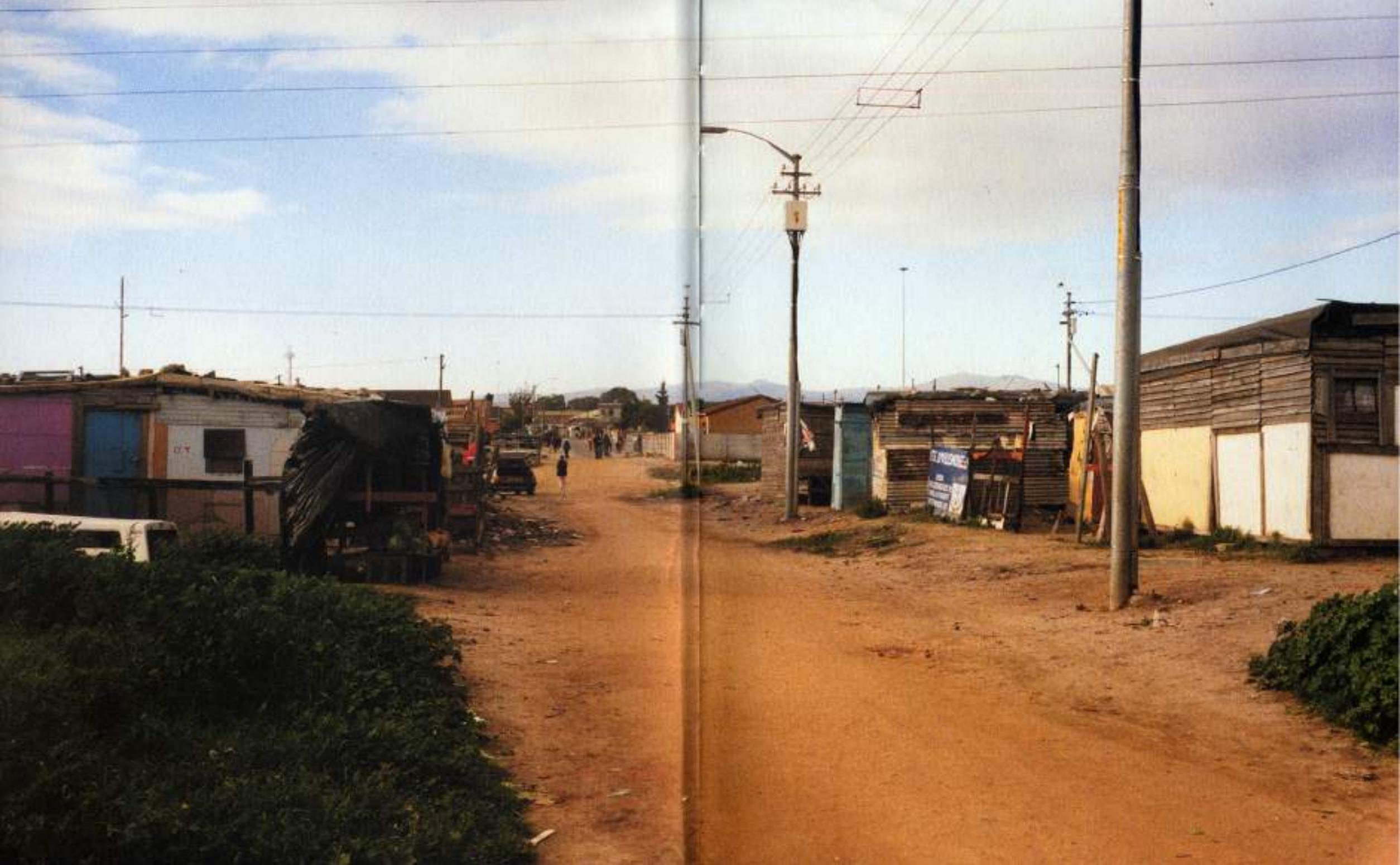
Happy Birthday

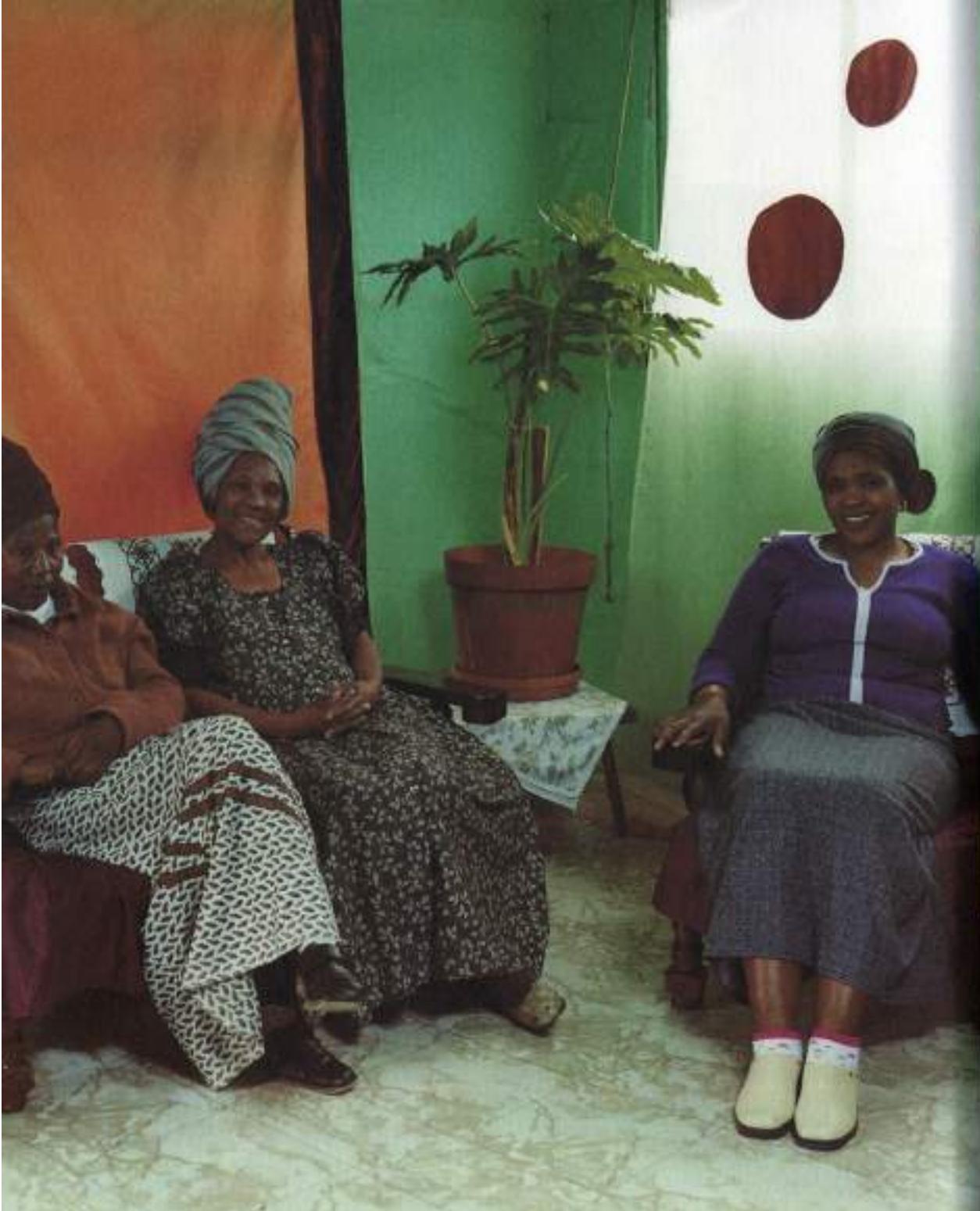
BAKERY

Barbie



Collezione 2004





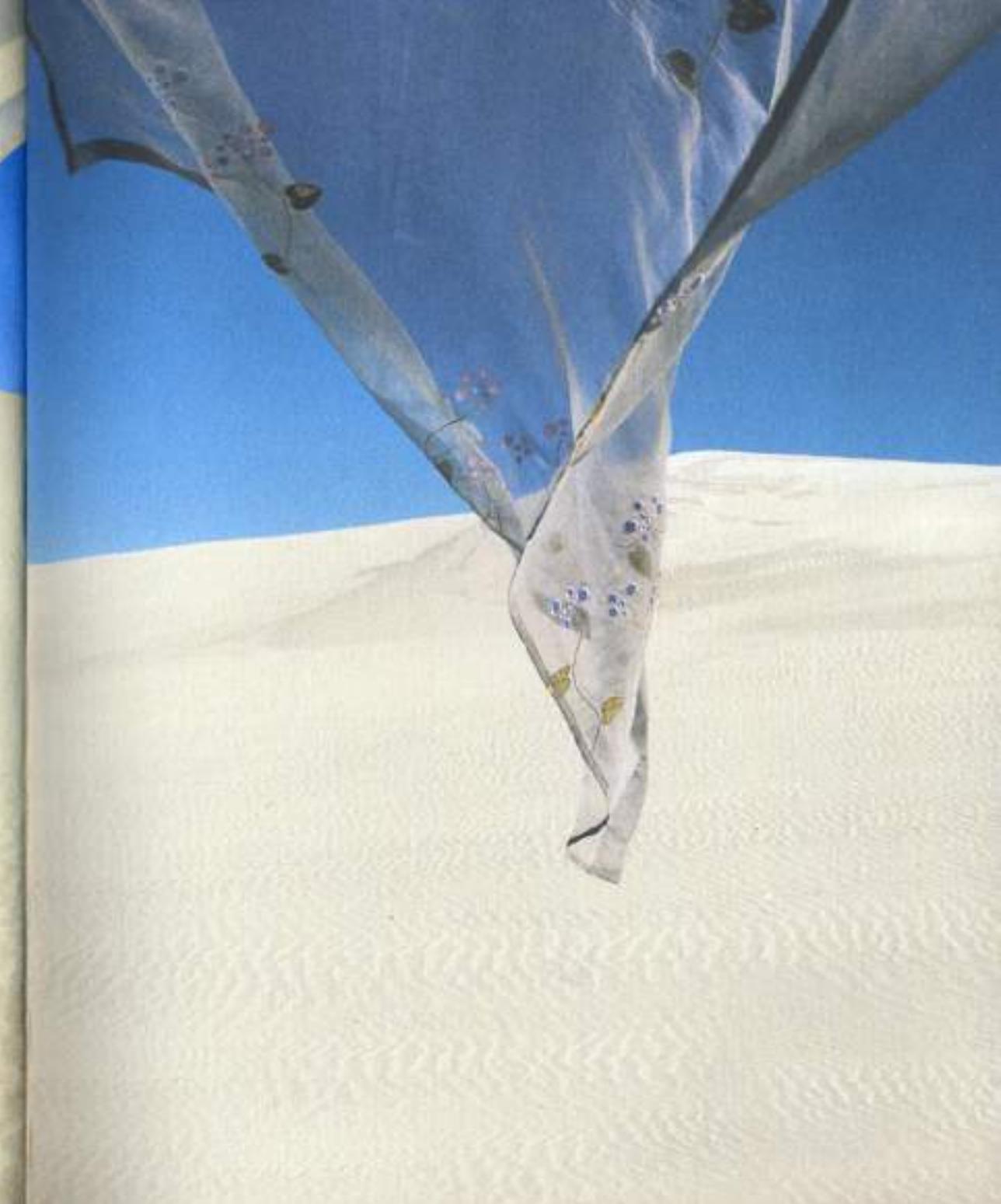






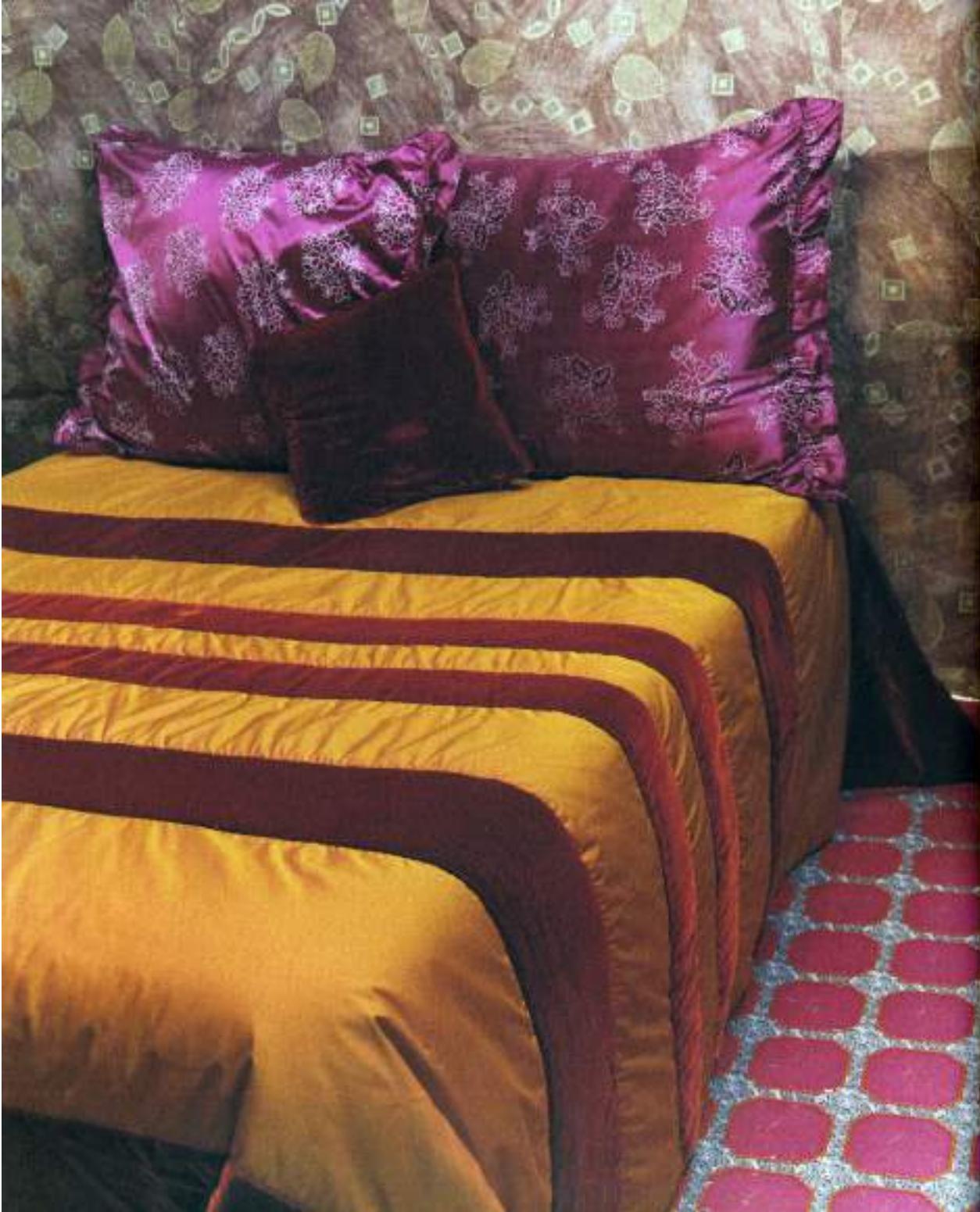


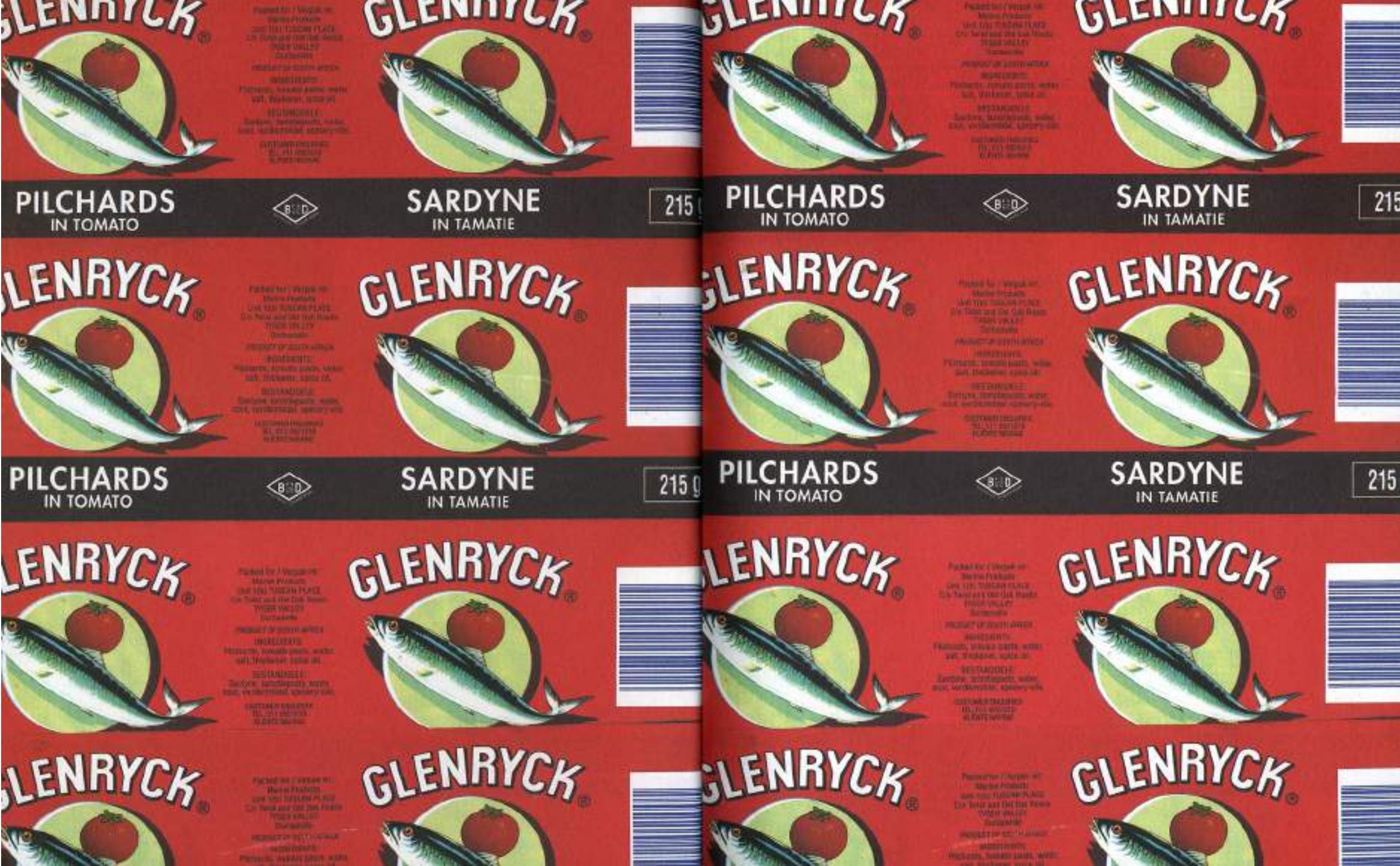






















A NEW AND EFFECTIVE TREATMENT FOR MAINTAINING STRONG AND HEALTHY HAIR

BLACK K-1™

WITH JOJOBA OIL

FEEL THE GLOW OF
HEALTHY HAIR



Regular use of

BLACK K-1™

WITH JOJOBA OIL helps to:

colour the hair
prevent hair loss
stimulate hair growth
control dandruff
repair damaged hair
remove dryness
condition your hair

nationwide from pharmacies
and cosmetics stores

Trade enquiries welcome (012) 370 2125

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