

## Flying high with Cape kite festival

Africa's reputedly biggest kite festival, the Cape Town International Kite Festival, will take place 23-24 October 2010 on the lawns surrounding Zandvlei, Muizenberg. Hosted by Cape Mental Health, this year's theme is 'Uplifting Mind and Body,' the show includes some of the biggest names in kiting in South Africa and the world who show off their magnificent creations. It is hoped the show will, as before, attract more than 20 000 visitors. Go to [www.capementalhealth.co.za](http://www.capementalhealth.co.za) for more information.

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