

**List of Countries, Territories, Islands, and
Miscellaneous Places Visited by Raymond Greenlaw
(Using the List of Countries from the US State Department 2019, Containing 195)
As of February 23, 2022**

With an average of 4.8 (633) visits per country and an average of 43.5 (5,703) days spent in each country, over one third of my time has been spent aboard during 40+ years of international travel. I've traveled approximately 3,200,000 miles or over 5,000,000 kilometers.

Countries Visited

When the capital is listed, it means that I've been there.

1. Albania (Tirana)
2. Andorra (Andorra La Vella)
3. Antigua and Barbuda (Saint John's)
4. Argentina (Buenos Aires)
5. Armenia (Yerevan)
6. Australia (Canberra)
7. Austria (Vienna)
8. Azerbaijan (Baku)
9. Bahamas, The (Nassau)
10. Bahrain (Manama)
11. Barbados (Bridgetown)
12. Belarus (Minsk)
13. Belgium (Brussels)
14. Belize (Belmopan)
15. Bolivia (La Paz)
16. Bosnia and Herzegovina (Sarajevo)
17. Brazil
18. Brunei (Bandar Seri Begawan)
19. Bulgaria (Sofia)
20. Cambodia (Phnom Penh)
21. Canada (Ottawa)
22. Chile (Santiago)
23. China (Beijing)
24. Colombia (Bogota)
25. Costa Rica (San Jose)
26. Croatia (Zagreb)
27. Cuba (Havana)
28. Cyprus (Nicosia)
29. Czechia (Prague), also known as the Czech Republic
30. Denmark (Copenhagen)
31. Dominica (Roseau)
32. Dominican Republic (Santo Domingo)
33. Ecuador (Quito)
34. Egypt (Cairo)
35. El Salvador (San Salvador)

36. Estonia (Tallinn)
37. Ethiopia (Addis Ababa)
38. Federated States of Micronesia (two islands: Chuuk and Yap)
39. Fiji (Suva, many islands)
40. Finland (Helsinki)
41. France (Paris)
42. Georgia (Tbilisi)
43. Germany
44. Greece (Athens)
45. Grenada (Saint George's)
46. Guatemala (Guatemala City)
47. Guyana (Georgetown)
48. Holy See (Vatican City)
49. Hungary (Budapest)
50. Iceland (Reykjavik)
51. India
52. Indonesia (Jakarta)
53. Ireland (Dublin)
54. Israel (Jerusalem)
55. Italy (Rome)
56. Jamaica (Kingstown)
57. Japan (Tokyo)
58. Jordan (Amman)
59. Kazakhstan
60. Kenya (Nairobi)
61. Kosovo (Pristina)
62. Kyrgyzstan (Bishkek)
63. Laos (Vientiane)
64. Latvia (Riga)
65. Lesotho (Maseru)
66. Liechtenstein (Vaduz)
67. Lithuania (Vilnius)
68. Luxembourg (Luxembourg)
69. Madagascar
70. Malaysia (Kuala Lumpur)
71. Maldives
72. Malta (Valletta)
73. Mexico (Mexico City)
74. Moldova (Chisinau)
75. Monaco (Monaco)
76. Montenegro
77. Morocco
78. Myanmar (also called Burma)
79. Namibia (Windhoek)
80. Nepal (Kathmandu)
81. Netherlands (Amsterdam)
82. New Zealand (Wellington)
83. North Macedonia (Skopje)

84. Norway (Oslo)
85. Oman (Muscat)
86. Palau (Ngerulmud, Koror)
87. Panama (Panama City)
88. Paraguay (Asuncion)
89. Peru (Lima)
90. Philippines (Manila)
91. Poland (Warsaw)
92. Portugal (Lisbon)
93. Qatar (Doha)
94. Romania (Bucharest)
95. Russia (Moscow)
96. Rwanda (Kigali)
97. Saint Kitts and Nevis (Basseterre)
98. Saint Lucia (Castries)
99. Saint Vincent and the Grenadines (Kingstown)
100. San Marino (San Marino)
101. Saudi Arabia
102. Serbia (Belgrade)
103. Singapore (Singapore)
104. Slovakia (Bratislava)
105. Slovenia (Ljubljana)
106. South Africa (Pretoria)
107. South Korea (Seoul)
108. Spain (Madrid)
109. Sri Lanka (Colombo)
110. Suriname (Paramaribo)
111. Swaziland (now Eswatini, Mbabane)
112. Sweden (Stockholm)
113. Switzerland (Bern)
114. Tajikistan (Dushanbe)
115. Tanzania
116. Thailand (Bangkok)
117. Trinidad and Tobago (Port of Spain)
118. Turkey (Ankara)
119. Turkmenistan (Ashgabat)
120. Uganda (Kampala)
121. Ukraine (Kiev)
122. United Arab Emirates (Abu Dhabi)
123. United Kingdom (London)
124. United States of America (Washington, D.C.)
125. Uruguay (Montevideo)
126. Uzbekistan (Tashkent)
127. Vanuatu (Port Vila)
128. Venezuela (Caracas)
129. Vietnam (Hanoi)
130. Zambia
131. Zimbabwe (Harare)

Some Territories/Independent States Visited

132. Antarctica (Argentine Territory)
133. Antarctica (Chilean Territory)
134. Antarctica (Patriot Hills, US area but not claimed as a territory)
135. Antarctica (United Kingdom Territory)
136. Aruba (Oranjestad, Netherlands)
137. Bermuda (Hamilton, British Overseas Territory)
138. Bonaire (Kralendijk, Netherlands)
139. Capital Territory (Canberra, Australia)
140. Cayman Islands (Georgetown, British Overseas Territory)
141. Cook Islands (Avarua District, New Zealand)
142. Curaçao (Willemstad, Netherlands)
143. Dubai (an emirate in the United Arab Emirates)
144. Ellsworth Mountains (Chilean territory)
145. England (London)
146. French Guiana (Cayenne)
147. French Polynesia (French Territory)
148. Gibraltar (Gibraltar, British Overseas Territory)
149. Gorno Badakhshan Autonomous Oblast (shared with Tajikistan and Afghanistan)
(Khorog)
150. Guam (Hagåtña, US Territory)
151. Hong Kong (City of Victoria, Region of China)
152. Jervis Bay Territory (Australia)
153. New Caledonia (Noumea, French Territory)
154. Northern Territory (Australia)
155. Republika Srpska
156. Reunion Island (Saint-Denis, French Territory)
157. Saint Maarten (Philipsburg, Netherlands)
158. Scotland (Edinburgh)
159. Taiwan (Taipei, Region of China)
160. Tibet (Lhasa, Region of China)
161. Turks and Caicos Islands (British Overseas Territory)
162. US Virgin Islands (Charlotte Amalie)
163. Wales (Cardiff)

Some Other Interesting Islands/Island Groups Visited (Not Comprehensive)

1. Aegean Islands
2. Aitutaki
3. Ambergris Caye
4. Amelia
5. Antigua
6. Aquidneck
7. Babeldoab
8. Bainbridge

9. Baisha
10. Balesin
11. Bali
12. Baranof
13. Big Pine Key
14. Block
15. Bohol
16. Boracay
17. Borneo
18. Brewster
19. Brunswick
20. Cape Breton
21. Castaway
22. Cebu
23. Chichagof
24. Chuuk (Truk)
25. Cockspur
26. Conanicut
27. Cooks Islands
28. Corfu
29. Cozumel
30. Crete
31. Cumberland
32. Cyclades
33. Daufuskie
34. Delos
35. Duket
36. Dutch
37. Edisto
38. Efate
39. Eil Malk
40. Fenwick
41. Fidalgo
42. Florida Keys
43. French Polynesia
44. Fripp
45. Gagil-Tamil
46. Galapagos (numerous islands)
47. Galveston
48. Gato
49. Grand Bahama
50. Grande Terre
51. Great Barrier Reef
52. Gyoo

53. Half-Moon Bay Cay
54. Heimaey
55. Herisson
56. Hilton Head
57. Hispaniola
58. Hoko
59. Honshu
60. Huxi
61. Ifari
62. Ile aux Carnards
63. Ionian Islands
64. Iritiki
65. Isla del Sol
66. Isla Grande de Tierra del Fuego
67. Isle of Hope
68. Isle of Shoals
69. Java
70. Jamestown
71. Jekyll
72. John's
73. Kani
74. Kanifinholu
75. Kauai
76. Kent
77. Key West
78. Kiawah
79. Koh Bayu
80. Koh Bon
81. Koh Chang
82. Koh Ha
83. Koh Hin Pousar
84. Koh Kai
85. Koh Klang
86. Koh Lanta
87. Koh Miang
88. Koh Nang Yuan
89. Koh Payu
90. Koh Ri
91. Koh Samui
92. Koh Similan
93. Koh Surin Nuea
94. Koh Surin Tai
95. Koh Tachai
96. Koh Tao

97. Koror
98. Krabi
99. Kyushu
100. Lesser Antilles
101. Lesser Sunda Islands
102. Leyete
103. Little St. Simons
104. Little Tybee
105. Livingstone
106. Long
107. Longboat Key
108. Looe Key
109. Luzon
110. Mactan
111. Magdalena
112. Magong
113. Malakal
114. Malapascua
115. Mamanuca Islands
116. Manhattan
117. Marianas Islands
118. Martha's Vineyard
119. Mecherchar (Jelly Fish Lake)
120. Mercer
121. Mount Desert
122. Muharraq
123. Mykonos
124. Nantucket
125. Nassau
126. Negros
127. New Hebrides Islands
128. North
129. Oahu
130. Observatory
131. Orcas
132. Ossabaw
133. Palawan
134. Panglao
135. Pelelui
136. Penghu Islands
137. Phi Phi
138. Phuket
139. Pine
140. Prince Edward

141. Providenciales
142. Prudence
143. Rarotonga
144. Rock Islands
145. Rosario Islands
146. Saint Simons
147. Saint Thomas
148. Sanibel
149. San Juan Islands
150. Santorini
151. Sapello
152. Sea
153. Sentosa
154. Shepherd Islands
155. Siargao
156. Similian Islands
157. Siquidor
158. Skidaway
159. Society Islands
160. Staten
161. Surin Islands
162. Suva
163. Table
164. Tahiti
165. Talahi
166. Tierra del Fuego Archipelago
167. Tobago
168. Tubbataha Reef
169. Tybee
170. Vancouver
171. Vanua Levu
172. Vashon
173. Victoria
174. Visayas Islands
175. Viti Levu
176. Weno
177. West Carolines
178. Whidbey
179. Whitemarsh
180. Wilmington
181. Windward Islands
182. Xiyu
183. Yap

Some Notes on Travel to Various Locations

- Visited all 7 continents
- Visited all 51 countries on the continent of Europe
- Visited all 14 countries on the continent of South America
- Visited 21/24 countries on the continent of North America
- Visited 37/50 countries in Asia
- Visited all 50 of the United States plus the District of Columbia (all capitals except Lansing and Madison)
- Visited 77/77 provinces in Thailand
- Visited 11/11 provinces in Belgium
- Visited 8/8 regions in Iceland
- Visited 7/7 districts in Gorno Badakhshan Autonomous Oblast
- Visited 7/8 regions of Japan
- Visited 5/5 regions and 35/58 districts in Tajikistan
- Visited 12/14 districts in Uzbekistan
- Visited 18/21 counties in Croatia
- Visited 17/20 regions in Italy
- Visited 15/18 departments in Paraguay
- Visited 5/6 states and 3/3 internal territories in Australia
- Visited 5/6 regions in Turkmenistan
- Visited 26/32 regions in China
- Visited 17/21 lands in Sweden
- Visited 7/9 states in Austria
- Visited 20/26 cantons in Switzerland
- Visited 6/8 districts in Kyrgyzstan
- Visited 7/10 provinces in Canada
- Visited 36/54 provinces in Spain
- Visited 1,040/3,647 destinations of those listed in Raymond's Checklist for Traveling the World.
- Visited over one half of the destinations on the Traveler's Century Club™ list of 329 places.
- Traversed a large part of the Silk Road, Marco Polo's route, and the majority of the border between Afghanistan and Tajikistan (including to the mouth of the Wakhan Corridor)
- Traversed thoroughly most of the countries in Europe overland
 - By train
 - By car
 - By bicycle

- On foot
- By bus