

**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 July 22, 2024**

With an average of 4.7 (671) visits per country and an average of 45.6 (6,561) days spent in each country, 40% of my time has been spent traveling aboard during 45+ years of international travel. I've traveled approximately 3,600,000 miles or ~5,800,000 kilometers.

**Countries Visited**

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

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

36. Dominica (Roseau)
37. Dominican Republic (Santo Domingo)
38. Ecuador (Quito)
39. Egypt (Cairo)
40. El Salvador (San Salvador)
41. Equatorial Guinea (Malabo)
42. Estonia (Tallinn)
43. Ethiopia (Addis Ababa)
44. Federated States of Micronesia (two islands: Chuuk and Yap)
45. Fiji (Suva, many islands)
46. Finland (Helsinki)
47. France (Paris)
48. Gabon (Libreville)
49. Georgia (Tbilisi)
50. Germany
51. Greece (Athens)
52. Grenada (Saint George's)
53. Guatemala (Guatemala City)
54. Guyana (Georgetown)
55. Holy See (Vatican City)
56. Hungary (Budapest)
57. Iceland (Reykjavik)
58. India
59. Indonesia (Jakarta)
60. Ireland (Dublin)
61. Israel (Jerusalem)
62. Italy (Rome)
63. Jamaica (Kingstown)
64. Japan (Tokyo)
65. Jordan (Amman)
66. Kazakhstan
67. Kenya (Nairobi)
68. Kosovo (Pristina)
69. Kuwait (Kuwait City)
70. Kyrgyzstan (Bishkek)
71. Laos (Vientiane)
72. Latvia (Riga)
73. Lesotho (Maseru)
74. Liechtenstein (Vaduz)
75. Lithuania (Vilnius)
76. Luxembourg (Luxembourg)
77. Madagascar (Antananarivo)
78. Malawi
79. Malaysia (Kuala Lumpur)
80. Maldives
81. Malta (Valletta)
82. Mauritius (Port Louis)
83. Mexico (Mexico City)

84. Moldova (Chisinau)
85. Monaco (Monaco)
86. Montenegro
87. Morocco
88. Mozambique (Maputo)
89. Myanmar (also called Burma)
90. Namibia (Windhoek)
91. Nepal (Kathmandu)
92. Netherlands (Amsterdam)
93. New Zealand (Wellington)
94. North Macedonia (Skopje)
95. Norway (Oslo)
96. Oman (Muscat)
97. Palau (Ngerulmud, Koror)
98. Panama (Panama City)
99. Paraguay (Asuncion)
100. Peru (Lima)
101. Philippines (Manila)
102. Poland (Warsaw)
103. Portugal (Lisbon)
104. Qatar (Doha)
105. Republic of Congo (Brazzaville)
106. Romania (Bucharest)
107. Russia (Moscow)
108. Rwanda (Kigali)
109. Saint Kitts and Nevis (Basseterre)
110. Saint Lucia (Castries)
111. Saint Vincent and the Grenadines (Kingstown)
112. San Marino (San Marino)
113. Saudi Arabia
114. Serbia (Belgrade)
115. Seychelles (Victoria)
116. Singapore (Singapore)
117. Slovakia (Bratislava)
118. Slovenia (Ljubljana)
119. South Africa (Pretoria, Cape Town)
120. South Korea (Seoul)
121. Spain (Madrid)
122. Sri Lanka (Colombo)
123. Suriname (Paramaribo)
124. Swaziland (now Eswatini, Mbabane)
125. Sweden (Stockholm)
126. Switzerland (Bern)
127. Tajikistan (Dushanbe)
128. Tanzania
129. Thailand (Bangkok)
130. Trinidad and Tobago (Port of Spain)
131. Turkey (Ankara)

132. Turkmenistan (Ashgabat)
133. Uganda (Kampala)
134. Ukraine (Kiev)
135. United Arab Emirates (Abu Dhabi)
136. United Kingdom (London)
137. United States of America (Washington, D.C.)
138. Uruguay (Montevideo)
139. Uzbekistan (Tashkent)
140. Vanuatu (Port Vila)
141. Venezuela (Caracas)
142. Vietnam (Hanoi)
143. Zambia
144. Zimbabwe (Harare)

### **Some Territories/Independent States Visited**

145. Antarctica (Argentine Territory)
146. Antarctica (Chilean Territory)
147. Antarctica (Patriot Hills, US area but not claimed as a territory)
148. Antarctica (United Kingdom Territory)
149. Aruba (Oranjestad, Netherlands)
150. Bermuda (Hamilton, British Overseas Territory)
151. Bonaire (Kralendijk, Netherlands)
152. Capital Territory (Canberra, Australia)
153. Cayman Islands (Georgetown, British Overseas Territory)
154. Cook Islands (Avarua District, New Zealand)
155. Curaçao (Willemstad, Netherlands)
156. Dubai (an emirate in the United Arab Emirates)
157. Ellsworth Mountains (Chilean territory)
158. England (London)
159. French Guiana (Cayenne)
160. French Polynesia (French Territory)
161. Gibraltar (Gibraltar, British Overseas Territory)
162. Gorno Badakhshan Autonomous Oblast (shared with Tajikistan and Afghanistan)  
(Khorog)
163. Guam (Hagåtña, US Territory)
164. Hong Kong (City of Victoria, Region of China)
165. Jervis Bay Territory (Australia)
166. Mayotte (French Territory), stop-over
167. New Caledonia (Noumea, French Territory)
168. Northern Territory (Australia)
169. Republika Srpska
170. Reunion Island (Saint-Denis, French Territory)
171. Saint Maarten (Philipsburg, Netherlands)
172. Scotland (Edinburgh)
173. Taiwan (Taipei, Region of China)
174. Tibet (Lhasa, Region of China)

175. Turks and Caicos Islands (British Overseas Territory)
176. US Virgin Islands (Charlotte Amalie)
177. 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. Bioko
15. Block
16. Bohol
17. Boracay
18. Borneo
19. Brewster
20. Brunswick
21. Cape Breton
22. Captiva
23. Castaway
24. Cebu
25. Chichagof
26. Chuuk (Truk)
27. Cockspur
28. Comoro Islands
29. Conanicut
30. Cooks Islands
31. Corfu
32. Cozumel
33. Crete
34. Cumberland
35. Cyclades
36. Daufuskie
37. Delos
38. Dukit

39. Dutch
40. Edisto
41. Efate
42. Eil Malk
43. Elephant Rock
44. Fenwick
45. Fidalgo
46. Florida Keys
47. French Polynesia
48. Fripp
49. Gagil-Tamil
50. Galapagos (numerous islands)
51. Galveston
52. Gato
53. Grand Bahama
54. Grande Comore (Ngazidja)
55. Grande Terre
56. Great Barrier Reef
57. Gyoo
58. Half-Moon Bay Cay
59. Heimaey
60. Herisson
61. Hilton Head
62. Hin Daeng
63. Hin Muang
64. Hin Raap
65. Hispaniola
66. Hoko
67. Honshu
68. Huxi
69. Ifari
70. Ile aux Carnards
71. Ionian Islands
72. Iririki
73. Isla del Sol
74. Isla Grande de Tierra del Fuego
75. Isle of Hope
76. Isle of Shoals
77. Java
78. Jamestown
79. Jekyll
80. John's
81. Kani
82. Kanifinholu

83. Kauai
84. Kent
85. Key West
86. Kiawah
87. Koh Bayu
88. Koh Bida
89. Koh Bon
90. Koh Chang
91. Koh Chi
92. Koh Dokmai
93. Koh Ha
94. Koh Hin Pousar
95. Koh Kai
96. Koh Klang
97. Koh Lanta
98. Koh Miang
99. Koh Nang Yuan
100. Koh Payu
101. Koh Ri
102. Koh Samui
103. Koh Similan
104. Koh Surin Nuea
105. Koh Surin Tai
106. Koh Tachai
107. Koh Tao
108. Koror
109. Krabi
110. Kyushu
111. Lesser Antilles
112. Lesser Sunda Islands
113. Leyete
114. Little St. Simons
115. Little Tybee
116. Livingstone
117. Long
118. Longboat Key
119. Looe Key
120. Luzon
121. Mactan
122. Magdalena
123. Magong
124. Mahé
125. Malakal
126. Malapascua

127. Mamanuca Islands
128. Manhattan
129. Marianas Islands
130. Martha's Vineyard
131. Mascarene Islands
132. Mecherchar (Jelly Fish Lake)
133. Mercer
134. Mount Desert
135. Muharraq
136. Mykonos
137. Nantucket
138. Nassau
139. Negros
140. New Hebrides Islands
141. North
142. Oahu
143. Observatory
144. Orcas
145. Ossabaw
146. Pamandzi
147. Palawan
148. Panglao
149. Pelelui
150. Penghu Islands
151. Phi Phi
152. Phuket
153. Pine
154. Praslin
155. Prince Edward
156. Providenciales
157. Prudence
158. Racha Noi
159. Racha Yai
160. Rarotonga
161. Reunion
162. Richelieu Rock
163. Robben
164. Rock Islands
165. Rosario Islands
166. Saint Simons
167. Saint Thomas
168. Sanibel
169. San Juan Islands
170. Santorini



171. Sapello
172. Sea
173. Sedudu
174. Sentosa
175. Shepherd Islands
176. Siargao
177. Similian Islands
178. Siquidor
179. Skidaway
180. Society Islands
181. Staten
182. Surin Islands
183. Suva
184. Table
185. Tahiti
186. Talahi
187. Tierra del Fuego Archipelago
188. Tobago
189. Tubbataha Reef
190. Tybee
191. Vancouver
192. Vanua Levu
193. Vashon
194. Victoria
195. Visayas Islands
196. Viti Levu
197. Weno
198. West Carolines
199. Whidbey
200. Whitemarsh
201. Wilmington
202. Windward Islands
203. Xiyu, Penghu
204. 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 14/14 regions in Namibia
- Visited 11/11 provinces in Belgium
- Visited 8/8 regions in Iceland
- Visited 7/7 districts in Gorno Badakhshan Autonomous Oblast
- Visited 6/6 governates in Kuwait
- 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 22/26 districts in Seychelles
- 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 1,102/3,647 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 most 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