

**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 June 30, 2023**

With an average of 4.7 (645) visits per country and an average of 45 (6,165) 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 3,250,000 miles or ~5,300,000 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. Bolivia (La Paz)
17. Bosnia and Herzegovina (Sarajevo)
18. Botswana
19. Brazil
20. Brunei (Bandar Seri Begawan)
21. Bulgaria (Sofia)
22. Cambodia (Phnom Penh)
23. Canada (Ottawa)
24. Chile (Santiago)
25. China (Beijing)
26. Colombia (Bogota)
27. Costa Rica (San Jose)
28. Croatia (Zagreb)
29. Cuba (Havana)
30. Cyprus (Nicosia)
31. Czechia (Prague), also known as the Czech Republic
32. Democratic Republic of Congo (Kinshasa)
33. Denmark (Copenhagen)
34. Dominica (Roseau)
35. Dominican Republic (Santo Domingo)

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

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

132. Uzbekistan (Tashkent)
133. Vanuatu (Port Vila)
134. Venezuela (Caracas)
135. Vietnam (Hanoi)
136. Zambia
137. Zimbabwe (Harare)

Some Territories/Independent States Visited

138. Antarctica (Argentine Territory)
139. Antarctica (Chilean Territory)
140. Antarctica (Patriot Hills, US area but not claimed as a territory)
141. Antarctica (United Kingdom Territory)
142. Aruba (Oranjestad, Netherlands)
143. Bermuda (Hamilton, British Overseas Territory)
144. Bonaire (Kralendijk, Netherlands)
145. Capital Territory (Canberra, Australia)
146. Cayman Islands (Georgetown, British Overseas Territory)
147. Cook Islands (Avarua District, New Zealand)
148. Curaçao (Willemstad, Netherlands)
149. Dubai (an emirate in the United Arab Emirates)
150. Ellsworth Mountains (Chilean territory)
151. England (London)
152. French Guiana (Cayenne)
153. French Polynesia (French Territory)
154. Gibraltar (Gibraltar, British Overseas Territory)
155. Gorno Badakhshan Autonomous Oblast (shared with Tajikistan and Afghanistan)
(Khorog)
156. Guam (Hagåtña, US Territory)
157. Hong Kong (City of Victoria, Region of China)
158. Jervis Bay Territory (Australia)
159. New Caledonia (Noumea, French Territory)
160. Northern Territory (Australia)
161. Republika Srpska
162. Reunion Island (Saint-Denis, French Territory)
163. Saint Maarten (Philipsburg, Netherlands)
164. Scotland (Edinburgh)
165. Taiwan (Taipei, Region of China)
166. Tibet (Lhasa, Region of China)
167. Turks and Caicos Islands (British Overseas Territory)
168. US Virgin Islands (Charlotte Amalie)
169. 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. Castaway
23. Cebu
24. Chichagof
25. Chuuk (Truk)
26. Cockspur
27. Conanicut
28. Cooks Islands
29. Corfu
30. Cozumel
31. Crete
32. Cumberland
33. Cyclades
34. Daufuskie
35. Delos
36. Dukit
37. Dutch
38. Edisto
39. Efate
40. Eil Malk
41. Fenwick
42. Fidalgo
43. Florida Keys
44. French Polynesia
45. Fripp
46. Gagil-Tamil

47. Galapagos (numerous islands)
48. Galveston
49. Gato
50. Grand Bahama
51. Grande Terre
52. Great Barrier Reef
53. Gyoo
54. Half-Moon Bay Cay
55. Heimaey
56. Herisson
57. Hilton Head
58. Hispaniola
59. Hoko
60. Honshu
61. Huxi
62. Ifari
63. Ile aux Carnards
64. Ionian Islands
65. Iritiki
66. Isla del Sol
67. Isla Grande de Tierra del Fuego
68. Isle of Hope
69. Isle of Shoals
70. Java
71. Jamestown
72. Jekyll
73. John's
74. Kani
75. Kanifinholu
76. Kauai
77. Kent
78. Key West
79. Kiawah
80. Koh Bayu
81. Koh Bon
82. Koh Chang
83. Koh Ha
84. Koh Hin Pousar
85. Koh Kai
86. Koh Klang
87. Koh Lanta
88. Koh Miang
89. Koh Nang Yuan
90. Koh Payu

91. Koh Ri
92. Koh Samui
93. Koh Similan
94. Koh Surin Nuea
95. Koh Surin Tai
96. Koh Tachai
97. Koh Tao
98. Koror
99. Krabi
100. Kyushu
101. Lesser Antilles
102. Lesser Sunda Islands
103. Leyete
104. Little St. Simons
105. Little Tybee
106. Livingstone
107. Long
108. Longboat Key
109. Looe Key
110. Luzon
111. Mactan
112. Magdalena
113. Magong
114. Malakal
115. Malapascua
116. Mamanuca Islands
117. Manhattan
118. Marianas Islands
119. Martha's Vineyard
120. Mascarene Islands
121. Mecherchar (Jelly Fish Lake)
122. Mercer
123. Mount Desert
124. Muharraq
125. Mykonos
126. Nantucket
127. Nassau
128. Negros
129. New Hebrides Islands
130. North
131. Oahu
132. Observatory
133. Orcas
134. Ossabaw

135. Palawan
136. Panglao
137. Pelelui
138. Penghu Islands
139. Phi Phi
140. Phuket
141. Pine
142. Prince Edward
143. Providenciales
144. Prudence
145. Rarotonga
146. Rock Islands
147. Rosario Islands
148. Saint Simons
149. Saint Thomas
150. Sanibel
151. San Juan Islands
152. Santorini
153. Sapello
154. Sea
155. Sedudu
156. Sentosa
157. Shepherd Islands
158. Siargao
159. Similian Islands
160. Siquidor
161. Skidaway
162. Society Islands
163. Staten
164. Surin Islands
165. Suva
166. Table
167. Tahiti
168. Talahi
169. Tierra del Fuego Archipelago
170. Tobago
171. Tubbataha Reef
172. Tybee
173. Vancouver
174. Vanua Levu
175. Vashon
176. Victoria
177. Visayas Islands
178. Viti Levu

- 179. Weno
- 180. West Carolines
- 181. Whidbey
- 182. Whitemarsh
- 183. Wilmington
- 184. Windward Islands
- 185. Xiyu
- 186. 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 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