

Find your destination below and check Then read on to discover more abou every state in the US, and every pr

COUNTRIES

NTIGUA AND

171 sq. mi. (443 sq km) ATION: 94,700 AL AND LARGEST CITY:

uin islands are known as the 365 Beaches" because they many stretches of sand each day of the year) along

the explorer Christopher named Antigua (meaning n Spanish) after a statue Santa Maria de la Antigua in Hedral in Spain.

ritish colony, Antigua da has been independent

AMAS

59 sq. mi. (13,880 sq km) TION: 330,000 AND LARGEST CITY:

of the more than 700 islands up the Bahamas are inhabited. Bahamas comes from the ords baia mar (which mean a") because the islands are d by shallow waters.

hundreds of underwater e seas around the islands world's largest underwater ns is in Lucayan National Park ahama Island.

ADOS

sq. mi. (430 sq km) ION: 292,300 AND LARGEST CITY:

parliament dates back t is one of the oldest in the Americas.

Barbados comes from a word meaning the "bearded fers to the bearded fig trees ver much of the island. Locals to the country as "Bim."

has its own trafalgar Square of Lord Nelson that stands in O years older than the one

quite rare on Barbados. This irly settlers introduced the pose to the island — and one se's favorite things to eat

sq. mi. (22,966 sq km) N: 360,300 elmopan ITY: Belize City

2000 BCE to 1600 CE, Belize d by the Maya civilization. ains of over 900 Maya sites y — and a Maya temple is still lding here.

ation of just 21,000, Belmopan world's smallest capital cities.

ne to a small rodent called known as the "royal rat." got its name after Britain's th II was served one for isiting the country.

Mesoamerican Barrier he coast of Belize. It's the t barrier reef in the world.

03 sq. mi. (9,984,670 sq km)

e second-largest country by

orld (after Russia) but only

N: 36 million

ITY: Toronto

tawa

only jaguar nature reserve

SIZE: 8,124 sq. mi. (21,041 sq km) **POPULATION:** 6.2 million **CAPITAL AND LARGEST CITY:** San Salvador

6. COSTA RICA

SIZE: 19,730 sq. mi. (51,100 sq km) **POPULATION: 49 million CAPITAL AND LARGEST CITY:**

- Although it only takes up about 0.3 percent of the Earth's surface, Costa Rica is home to around 5 percent of all its species of animals and plants. The country's hot, steamy jungles boast an incredible array of wildlife, including jaguars, hummingbirds, three-toed sloths, and squirrel monkeys.
- Around 25 percent of the land is protected inside a network of national parks and reserves.
- Costa Rica has five active volcanoes. • Costa Rica is one of the only countries in the world that doesn't have an army. It was abolished in 1949
- · Costa Ricans refer to themselves as either ticos (males) or ticas (females).

7. CUBA

SIZE: 42,803 sq. mi. (110,860 sq km) POPULATION: 11.1 million CAPITAL AND LARGEST CITY: Havana

- Cuba is the largest island in the Caribbean. It's actually made up of one large island and over 4,000 much smaller ones. • It also has the Caribbean's largest
- But some of its residents can be quite difficult to spot. The world's smallest bird, the bee hummingbird, lives here. A fully
- grown adult is only about 2 in. (5 cm) long. • The shape of the island looks a bit like a crocodile, so it's often referred to as El Cocodrilo in Spanish.
- The last (and only recorded) time it snowed in Cuba was in 1857.
- two of Cuba's main exports are sugar and nickel – it produces around 4 percent of the world's nickel supply.

8. DOMINICA

SIZE: 290 sq. mi. (751 sq km) POPULATION: 73,900 **CAPITAL AND LARGEST CITY: Roseau**

- Dominica is home to Boiling Lake, the second-largest hot spring in the world, which measures around 200 ft. (60 m) across. It's literally boiling at its center but only around 189°F (87°C) at its edge although still far too hot to swim in.
- · Every year, great leatherback turtles. the world's largest species of turtle, haul themselves up onto the island's sandy beaches to lay their eggs.

9. DOMINICAN REPUBLIC

SIZE: 18,792 sq. mi. (48,670 sq km) **POPULATION: 10.7 million CAPITAL AND LARGEST CITY:** Santo Domingo

- In 1492, Christopher Columbus established the first permanent European settlement in the Americas on Hispaniola, the island where the Dominican Republic and Haiti are now
- Samaná Bay, in the northwest, is visited every year by hundreds of humpback whales, who are themselves visited by thousands of tourists on whalewatching trips.
- · With large resorts and mega-hotels lining much of its east coast, the Dominican Republic is the most visited destination in the Caribbean.
- The country is a major source of fossilized amber, which often has prehistoric insects trapped inside. The piece of amber featured in Jurassic Park was from the Dominican
- The country is home to the rare marine mammals known as manatees.

10. EL SALVADOR

• El Salvador is both the smallest and most

"Oil down," a stew cooked in coconut milk. is the national dish.

12. GUATEMALA

SIZE: 42,042 sq. mi. (108,889 sq km) POPULATION: 15.4 million **CAPITAL AND LARGEST CITY:** Guatemala City

- More than half the population here is descended from the original Maya inhabitants. 21 Mayan languages are still spoken in Guatemala.
- Guatemala's ancient Maya invented hot chocolate, which they called xocolatl. It was much more bitter than the sweet liquid we drink today.
- The country's national bird is the brightly colored quetzal.

13. HAITI

SIZE: 10,714 sq. mi. (27,750 sq km) **POPULATION: 10.6 million CAPITAL AND LARGEST CITY:** Port-au-Prince

- · Haiti shares the island of Hispaniola with the Dominican Republic. It occupies the western three-eighths.
- Haiti was founded in the early 19th century when a slave colony revolted against its French rulers. Former slaves became the country's new leaders.
- · Haiti has more mountains than any other Caribbean nation. In fact, Haiti means "land of mountains" in the language of the original Taino people.

14. HONDURAS

SIZE: 43,278 sq. mi. (112,090 sq km) **POPULATION:** 9 million **CAPITAL AND LARGEST CITY:**

- The cathedral in Comayagua, the nation's original capital city, is home to the oldest clock in the Americas — it dates back to 1100 and was brought to the island from **Spain in 1586.**
- The small town of Yoro is said to experience "a rain of fish" — when fish fall from the sky — at least once or twice a year. It's thought that the fish actually appear as a result of rivers breaking their banks after heavy rains, carrying fish onto
- The Honduran flag has blue stripes at the top and bottom, representing the Pacific Ocean (to the west) and the Caribbean Sea (to the east). In the center is a white band with five stars, symbolizing the five nations of the United Provinces of Central Hmerica (Gosta Rica, El Salvador, Guatema Honduras, and Nicaragua), a short-lived country that existed between 1823 and 1840.

15. JAMAICA

SIZE: 4,244 sq. mi. (10,991 sq km) **POPULATION: 3 million** CAPITAL AND LARGEST CITY: kingston

- Jamaica is both the fourth-largest and the fourth most populated country in the Caribbean.
- The world's fastest man, Usain Bolt, is from Jamaica. In 2009, he ran the 100-meter dash in 958 seconds — which is still the world
- The island is the home of reggae music. In the 1970s and 1980s, the Jamaican reggae musician Bob Marley became one of the biggest pop stars in the world.
- Kingston's harbor is one of the world's largest natural harbors.
- Established in 1865, Jamaica's Manchester Golf Club is the oldest golf club in the western hemisphere.

16. MEXICO

SIZE: 758,449 sq. mi. (1,964,375 sq km) POPULATION: 124.6 million **CAPITAL AND LARGEST CITY:** Mexico City

 Before Spanish conquerors arrived in 1519, Mexico had been home to a long line of civilizations stretching back thousands of years, including the Olmec, the Toltec, the

Central America, Lake Nicaragua, which is home to the bull shark — one of only two species of shark that can live in both freshwater and

- The country's name is a combination of "Nicarao," a local people who were living on the shores of Lake Nicaragua when the Spanish arrived, and agua, meaning "water" in Spanish.
- Founded in 1524, the ruined city of León Viejo is one of the oldest Spanish colonial settlements in the Americas. It was abandoned in 1610 after a devastating earthquake.

18. PANAMA

SIZE: 29,120 sq. mi. (75,420 sq km) **POPULATION: 3.8 million** CAPITAL AND LARGEST CITY: Panama City

- •Between 1904 and 1914, the 48 mi. (77 km) Panama Ganal was dug out across the center of the country, linking the Pacific and Atlantic Oceans. It dramatically shortened the time it took to ship goods from one side of the Americas to the other.
- More than 976 bird species are found in Panama — that's more than the combined total species found in Canada and the US.
- Right in the center of Panama is the only place in the world where you can see the sun rise over the Atlantic and then, later in the day, see it set over the Pacific.

19. SAINT KITTS AND NEVIS

SIZE: 101 sq. mi. (261 sq km) **POPULATION: 52,700 CAPITAL AND LARGEST CITY: Basseterre** • This two-island nation is the smallest in the

- African verdant (or "green") monkeys have
- lived on Saint Kitts for over 300 years. • The channel that separates Saint Kitts from Nevis is called the Narrows — every year, people take part in a swimming race between the two islands.

20. SAINT LUCIA

SIZE: 238 sq. mi. (616 sq km) **POPULATION: 165,000 CAPITAL AND LARGEST CITY: Castries**

- Saint Lucia's most famous landmarks are the Pitons, a pair of giant, pyramid-shaped rocks (actually the tops of volcanoes) that rise up from the country's southwest coast.
- The island's national dish is green fig
- Britain and France fought each other for control of Saint Lucia throughout the 1700s and 1800s — ownership switched between the two countries no fewer than 14 times. The island gained its independence in 1979.

21. SAINT VINCENT AND THE **GRENADINES**

SIZE: 150 sq. mi. (389 sq km) POPULATION: 102,000 CAPITAL AND LARGEST CITY: Kingstown

Vincent and the Grenadines. The nation is home to one of the oldest

• Over 32 islands and cays make up Saint

- botanical gardens in the western hemisphere they were founded in 1765.
- The capital, Kingstown, is often referred to as the "City of Arches" — apparently, its buildings contain more than 400 of them.

22. TRINIDAD AND TOBAGO

SIZE: 1,980 sq. mi. (5,128 sq km) **POPULATION: 1.2 million CAPITAL AND LARGEST CITY:** Port of Spain

- Steel drums (also known as steel pans) were invented here in the mid-20th century using discarded oil drums. Today, they are Trinidad and Tobago's national instrument.
- The world's largest brain coral, measuring 10 ft. (3 m) high and 17 ft. (5.3 m) across, lies in the waters off tobago. • One of the nation's most spectacular annual
- events is the carnival, which takes place on the Monday and Tuesday before Ash Wednesday - when you can expect to hear lots of steel drum music.

23. UNITED STATES

Paris, helped to design parts of Lady Liberty's

• So far, the US is the only country to have successfully landed a human being on the moon. In total, there were six successful moon missions, between 1969 and 1972.

DEPENDENCIES

24. ANGUILLA (UK)

SIZE: 35 sq. mi. (91 sq km) POPULATION: 17,100 CAPITAL AND LARGEST CITY: the Valley

• The island was supposedly named Anguilla, meaning "eel" in Spanish, by Christopher Columbus in 1493 because of its long, narrow

25. ARUBA (NETHERLANDS)

SIZE: 69 sq. mi. (180 sq km) POPULATION: 115,100 CAPITAL AND LARGEST CITY: Oranjestad

 Although its population is quite small, this island is home to people from around 90 different countries.

26. BERMUDA (UK)

SIZE: 21 sq. mi. (54 sq km) POPULATION: 70,900 CAPITAL: Hamilton LARGEST CITY: St. George's

 The country's flag shows the Sea Venture, the British ship that brought the first settlers to Bermuda in 1609, being shipwrecked against the island's rocky coast.

27. BONAIRE (NETHERLANDS)

SIZE: 114 sq. mi. (294 sq km) **POPULATION: 19,400** CAPITAL AND LARGEST CITY: Kralendijk

• The beautiful white beaches found on Bonaire are formed mainly of parrolfish poop (basically, bits of coral that have been ground up by the fish's powerful beak).

28. BRITISH VIRGIN ISLANDS (UK)

SIZE: 58 sq. mi. (151 sq km) **POPULATION: 35,000** CAPITAL AND LARGEST CITY: Road town • The national dish is called Fish and Fungi

(pronounced "fun-jeye") — the "fungi" isn't a

mushroom but a mixture of cornmeal and okra.

29. CAYMAN ISLANDS (UK)

SIZE: 102 sq. mi. (264 sq km) POPULATION: 58,400 **CAPITAL AND LARGEST CITY** George Town

• Financial services are the major industry of this three-island territory. Many wealthy people from around the world keep their fortunes hidden away in the country's low-tax bank accounts.

30. CLIPPERTON ISLAND (FRANCE)

SIZE: 2.3 sq. mi. (6 sq km) **POPULATION: 0** CAPITAL: N/A

• This tiny French territory is an atoll — a ring-shaped island formed when a volcano sinks beneath the waves. In the early 20th century, the island was mined for guano bird poop — which was used as a fertilizer, but it's been uninhabited since 1945.

31. CURACAO (NETHERLANDS)

SIZE: 171 sq. mi. (444 sq km) POPULATION: 149,700 CAPITAL AND LARGEST CITY: Willemstad • It's believed that the island's name comes from

the Portuguese word for "healing." In the 17th and 18th centuries, sailors on long sea voyages often became ill with scurvy due to a lack of vitamin C — although this wasn't understood at the time. However, when sailors reached this island, they would rapidly recover — as if by magic - probably from eating local fruit rich in

32. GREENLAND (DENMARK)

• The French painter Paul Gauguin created many of his best-known works while visiting Martinique. The island's highest point is the 4,583 ft. (1,397 m) Mount Pelée, a volcano that last erupted in 1932.

35. MONTSERRAT (UK)

SIZE: 39 sq. mi. (102 sq km) **POPULATION: 5,300** CAPITAL: Plymouth (former), Brades (current), Little Bay (future, under construction)

LARGEST CITY: Brades

 There used to be many more people living on Montserrat, but around two-thirds of them fled when the Soufrière Hills volcano suddenly exploded in 1995. The volcano devastated much of the southern part of the island, including the capital Plymouth, which was abandoned. Much of the island's south is still a no-go area. A new capital is being built in the north.

36. NAVASSA ISLAND (US)

SIZE: 2.1 sq. mi. (5.4 sq km) **POPULATION: 0** CAPITAL: N/A

• Claimed by the US since the mid-19th century. Navassa is a tiny island off the west coast of Haiti. It used to have a small population that maintained a lighthouse, but the lighthouse became automatic in 1929 and then was shut down altogether in 1996. Today, the island is a national wildlife refuge.

37. PUERTO RICO (US)

SIZE: 3,459 sq. mi. (8,959 sq km) **POPULATION: 3.5 million** CAPITAL AND LARGEST CITY: San Juan

 About the size of the state of Connecticut, Puerto Rico is home to El Yungue, the only stretch of tropical rainforest in US territory. In 2017, much of the island was devastated by a powerful hurricane.

38. SABA (NETHERLANDS)

SIZE: 5 sq. mi. (13 sq km) **POPULATION: 1.900** CAPITAL AND LARGEST CITY: The Bottom • At 2,910 ft. (887 m), Mount Scenery, the

volcano that dominates this island, is the

highest point in the Netherlands. 39. SAINT BARTHELEMY (FRANCE)

SIZE: 9.7 sq. mi. (25 sq km) POPULATION: 7200 CAPITAL AND LARGEST CITY: Gustavia

• Christopher Columbus visited this island in 1493 and named it after his brother Bartolomeo. It was settled by the French in the mid-17th century, who then sold it to Sweden in 1784. In 1878, France bought it back again and it's been French ever since.

40. SAINT MARTIN (FRANCE)

SIZE: 21 sq. mi. (54 sq km) POPULATION: 32,100 CAPITAL AND LARGEST CITY: Marigot • Saint Martin is the smallest island in the world that is divided between two nations. France owns the northern half, while the Netherlands owns the south.

41. SAINT PIERRE AND MIQUELON (FRANCE)

SIZE: 93 sq. mi. (242 sq km) POPULATION: 5,600 **CAPITAL AND LARGEST CITY:** Saint-Pierre

• In the 16th and 17th centuries, France built up a vast colony in North America, which it called New France. But following defeat to Britain in the Seven Years' War in 1763, it was forced to give up most of its territory. This small island is all that remains of New France.

42. SINT EUSTATIUS (NETHERLANDS)

SIZE: 8.1 sq. mi. (21 sq km) **POPULATION: 3,900** CAPITAL AND LARGEST CITY: Oranjestad Occupied by the Dutch since the 17th century. Sint Eustatius became a major trading

