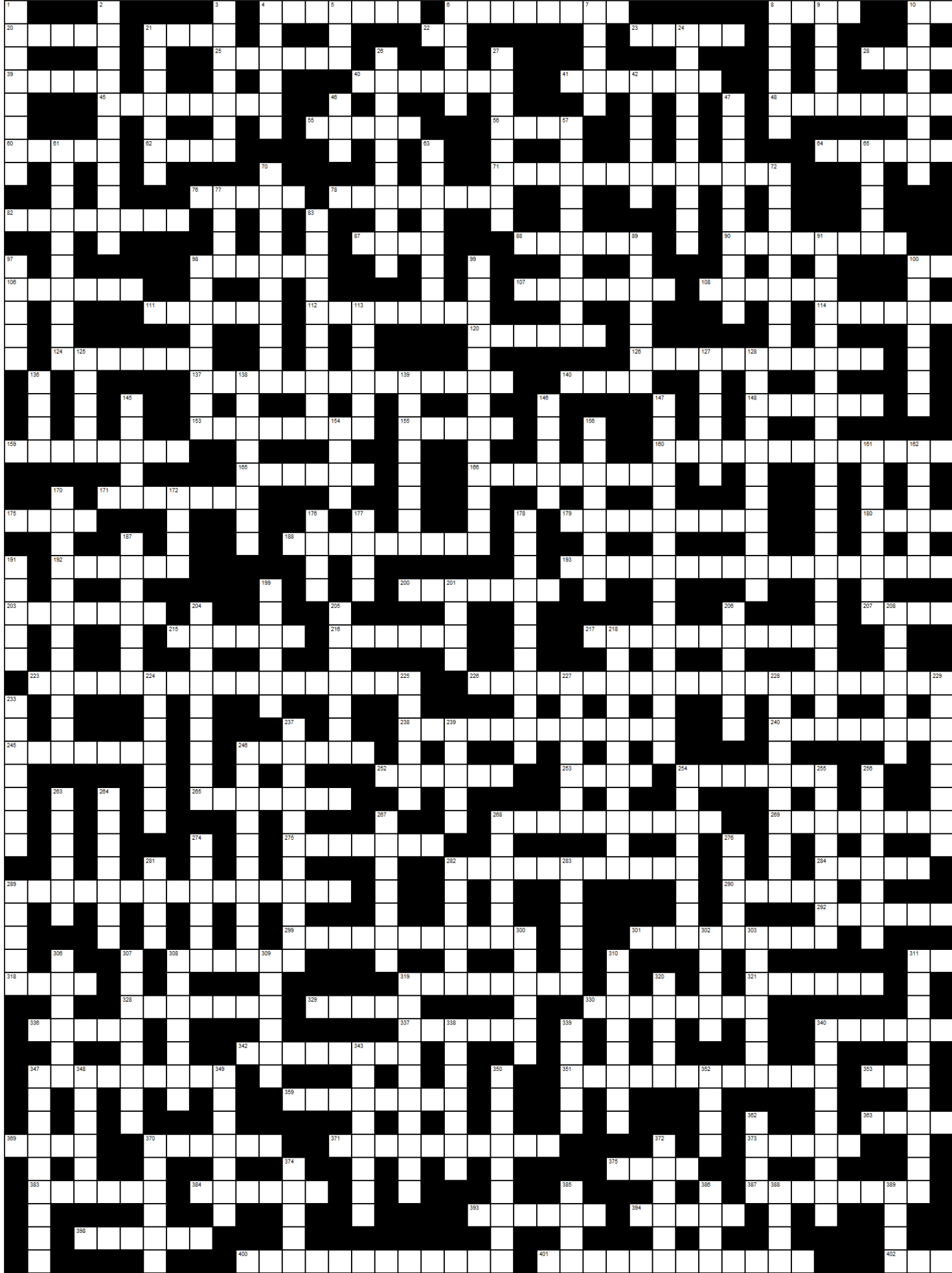


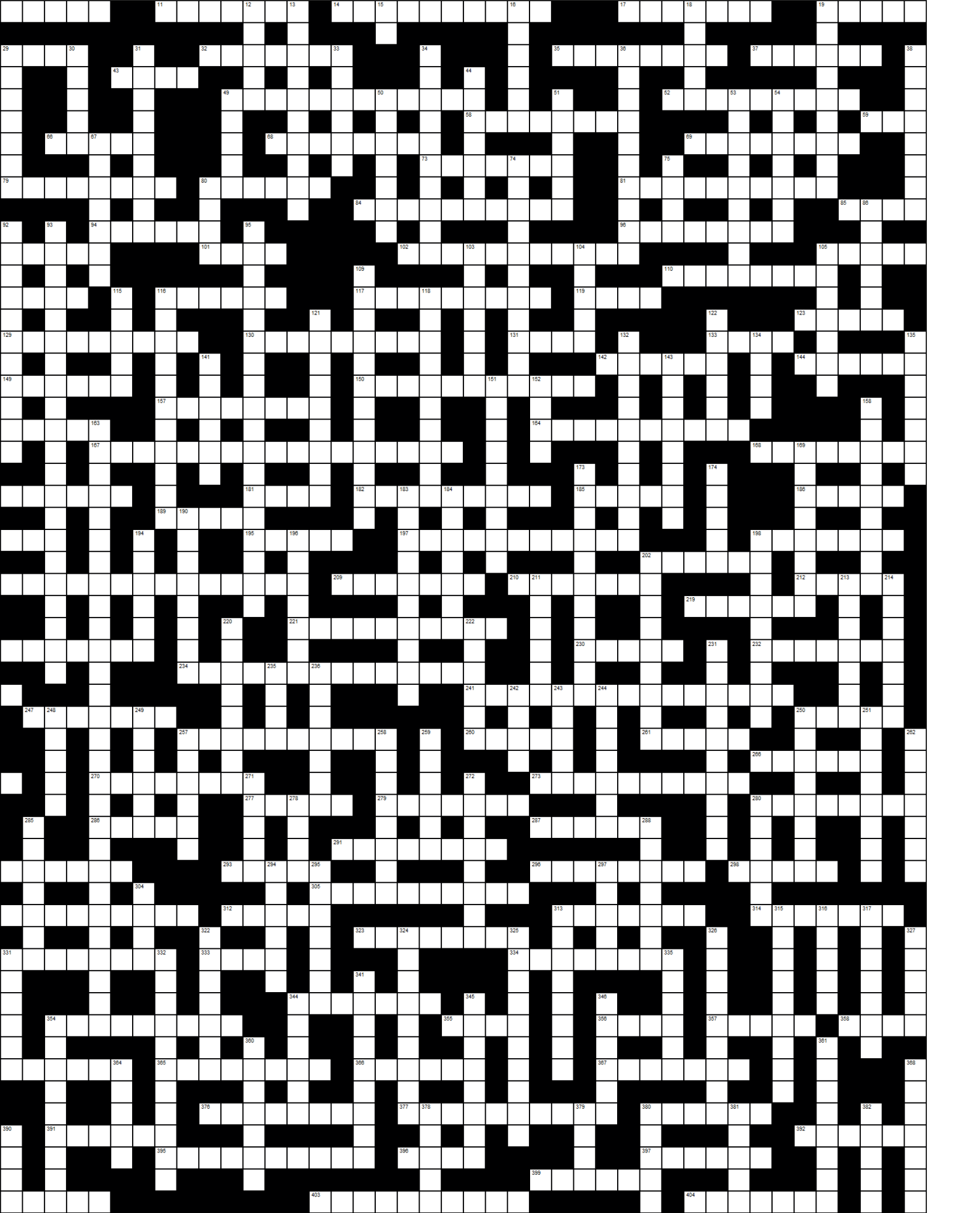
Nations and Capitals

Geography, History and Culture



from
Clocktower Crosswords





Across

4 Landlocked country in the Great Rift Valley which gained independence from Belgium in 1962; today it is the world's poorest country (as measured by GDP per capita) (7)

6 Host city for the 1984 Winter Olympics, which subsequently endured the longest siege in modern warfare of 1,425 days; in 2014 it was the European City of Culture; back in 1914 it was the setting for an assassination of catastrophic consequences (8)

8 European capital, though only the fifth largest city in its country, found in sober nation (4)

10 Landlocked European country, though with a port at Giurgiulesti where its River Dniester flows into the Danube and thence into the Black Sea; one of the top 20 wine producers, under its president Maia Sandu, the nation is planning to join the EU in 2030 (7)

11 Archipelago in the North Atlantic, where Columbus had his first landfall in the New World; the national motto is 'Forward, Upward, Onward Together' (7)

14 Nation that is a member of the Arab League with an Atlantic coast; once part of the Berber Kingdom (in the 3rd century AD), it gained its independence from French colonial rule in 1960 (10)

17 Capital situated on the Mediterranean coastline, originally founded in the 7th century BC by the Phoenicians and then conquered by the Romans (7)

19 Greek island off its northwest corner that was ruled by the British 1815-64 (5)

20 Country that straddles the equator and declared independence in 1963; their cricket team has played in five ICC World Cups (5)

21 Someone from 282A who can trace ancestry back to Dutch settlers (4)

22/46D City at 3,650m above sea level, founded in 1548, that is the highest administrative capital in the world (2,3)

23 Originally a fishing village called Edo, this settlement grew into the most populous city in the world, as well as being its nation's capital (5)

25 Capital, and the most densely populated city in the world, situated on a large bay on the island of Luzon (6)

28 Capital with a population of ~6,000, situated on an atoll (8)

32 Nation of two languages and with King Philippe as Head of State (since 2013) (7)

35 The smallest capital city (by population) in the continental Americas, newly planned and built in 1970 (8)

37 Capital city, where one might arrive at the Chopin airport, whose name was used for a 10-minute piano concerto by Richard Addinsell, that was actually composed for the film *Dangerous Moonlight* (1941) (6)

39 Russian republic in southern Siberia, whose capital is Gorno-Altaysk (5)

40 Capital where the Sinhalese Sports Club - located in Cinnamon Gardens - has hosted test cricket since 1984 (7)

41 Landlocked country where Haydn worked at the Esterhazy Palace; it also provided inspiration for Brahms to compose some dances (7)

43 Birthplace of Beethoven, and a capital city during 1949-90 (4)

45 Capital of 10A on the River Bic; the city's 'Cathedral of Christ's Nativity' has been described as a masterpiece of Neoclassical architecture (8)

48 Caribbean capital, founded by the French and overtaken by the British; the fine botanical garden begun in 1765 is where William Bligh (of 'Mutiny on the Bounty' fame) took and planted the breadfruit tree (9)

49 The oldest European city in the Americas, originally named La Nueva Isabela; now one of two capital cities on Hispaniola (5,7)

52 New city that became its nation's capital in 2005, replacing Yangon; its name translates as 'abode of the king' or 'royal capital' (3,3,3)

55 A nation in Oceania comprising approximately 340 islands, its Chelbacheb - or rock islands - were declared a UNESCO world heritage site in 2012 (5)

56 An island territory, part of the Mariana archipelago, in the western Pacific Ocean with an unofficial motto of 'Where America's day begins'; its residents have American citizenship, but do not vote in national elections (4)

58 European capital, sometimes called 'the Pearl of the Baltic', originally founded by King Gustav I of Sweden in 1550; the city hosted the summer Olympic games in 1952 (8)

59 The smallest state in India with Panaji as its capital (3)

60 Capital of a northern region of Italy, famous for the largest gothic cathedral in the world, its fashion industry, and for Leonardo da Vinci's *The Last Supper* in Santa Maria delle Grazie (5)

62 A midwestern state - the Hawkeye State - with Des Moines as its capital (4)

64 Third largest island in the Caribbean Sea, and a nation who have King Charles III as head of state; here one may attend test cricket at Sabina Park (7)

66 Capital found 1790m above sea level on the Hindu Kush, known for its historical gardens, bazaars, palaces and - sadly - wars (5)

68 The smallest country in South America, which gained its independence from its Dutch colonisers in 1975 (8)

69 A Slavic land which has belonged to many an empire, and finally gained full independence in 1991; its highest peak is Mount Triglav (2,854m) - part of the Julian Alps (8)

71 European country where Prince Hans-Adam II has been Head of State since 1989; it is the smallest country to have borders with two other nations (13)

73 Formerly known as German South West Africa from 1884, and then a territory of South Africa's, this nation is one of the most sparsely populated countries on Earth with 3 people per square kilometre (7)

76 Capital of its nation until December 1991 but remains one of the largest and busiest seaports in Africa; its name was derived from the Portuguese for 'lakes' (5)

78 Nation with the smallest population of any in mainland Africa, and near to the world's busiest shipping lanes (8)

79 City that some believe is the oldest capital in the world; you may be sceptical, but try travelling there - you may have a conversion en route... (8)

80 European nation that found its independent identity after a vital revolution (6)

81 Fictional country, largely based on Colombia, in which Joseph Conrad set his novel *Nostromo* of 1904 (10)

82 Major Atlantic port and African capital, though - by the sounds of it - not an expensive place to live (8)

- 84 Country previously known as East Pakistan, that gained its current name in 1972; in 2000 it was granted test cricket status by the ICC (10)
- 85 Someone from the northern part of 99D (4)
- 87 Caribbean country, renowned for its music (e.g. Buena Vista) and its cigars (4)
- 88 Capital that has inspired musicians from Vaughan Williams to The Clash (6)
- 90 South American capital which takes its name from a Marian Feast Day (8)
- 94 European region that declared its independence on 17th February 2008; so far it has been recognised as a sovereign state by 102 member states of the United Nations (which - as you'll appreciate from this crossword - has a lot more member states...) (6)
- 96 Nation with the second highest number of Buddhists in the world; it became a constitutional monarchy in 1932 - King Bhumibol the Great, aka Rama IX, who reigned 1946-2016 is the third longest reigning sovereign in world history (8)
- 98 Capital of 340A confuses Erasmus (6)
- 100 Capital of 156D where the presidential palace is situated (7)
- 101 Former name (pre-1932) for 96A (4)
- 102 Capital in the southwestern which was named by a Royal Naval Captain after his father, Admiral of the Fleet (4,7)
- 105 European city that became capital of a sovereign nation in 1991 (5)
- 106 Fictional land, first named by Sir Thomas More in 1516; Oscar Wilde said of it 'A map of the world that does not include ___ is not worth even glancing at, for it leaves out the one country at which humanity is always landing. And when humanity lands there, it looks out, and seeing a better country, sets sail' (6)
- 107 The northernmost region of the Indian subcontinent, shared by India and Pakistan, and renowned for its goats and their wool (7)
- 108 European capital where the Unter den Linden leads to an imposing gate (6)
- 110 A country of two plains: the Danubian plain and the Thracian plain (8)
- 111 Landlocked African nation formerly known as Nyasaland until gaining independence from the UK in 1964 (6)
- 112 An island nation in Micronesia comprising 32 atolls and with a population of approximately 120,000 people spread across 21 of the islands, near both the equator and the International Date Line; it gained independence from the USA and the UK in 1979 (8)
- 114 A Portuguese colony that gained independence in 1975, now a nation of 1.1million people; their land is half of an island, the remainder belonging to Indonesia (5-5)
- 116 Nation that produced the astronomer Nicolaus Copernicus, film director Roman Polanski and Catholic priest Maximilian Kolbe (6)
- 117 Name by which the capital of 325D was known in the period 2019-2022 in honour of the outgoing president who had overseen the country gaining independence (3-6)
- 119 The Buckeye State, of which Columbus is the capital (4)
- 120 Capital city served by the Imam Khomeini Airport (6)
- 123 City at the elevation of 2,300m, the old part of which, decorated with geometric patterns, includes tower houses up to eight storeys high, and is a UNSECO world heritage site (5)
- 124 Nation where Protestantism was born, and - conveniently - its greatest composer too! (7)
- 126 Country where safari bun ok, if carefully prepared (7,4)
- 129 One's found in 30D, leaving you at the world's largest archipelagic state, with over 17,000 islands (9)
- 130 Capital that is the largest city in the Himalayas (9)
- 131 Currency of several nations in the middle east, including Iran, Saudi Arabi and Yemen (4)
- 133 Capital city, formerly known as Christiana, where one can see the Kon-Tiki (4)
- 137 Nation in Oceania named after a biblical king (7,7)
- 140 The only Hindu-majority province in 129A, where tourism is the largest industry and where the tourists are likely to hear gamelan music (4)
- 142 An area of fertile grassland extending to 460,000 square miles covering much of 354D and its neighbouring countries (6)
- 144 African capital that is the most populous Lusophone city outside Brazil, and port on the Atlantic (6)
- 148 European capital with Skanderbeg Square (approx. 40,000 square metres) at its heart with a striking National Museum of History that has a huge mosaic overlooking the square (6)
- 149 'New World' capital city, the name of which means 'to trade' in the language of the first nation people - the Algonquin - who originally lived here; the Rideau River flows into another river that has the same name as the city (6)
- 150 Country which has been occupied by Alexander the Great, the Soviet Union, and the USA (11)
- 153 A land described by Plato in his works Timaeus and Critias as part of an allegory on the hubris of nations and the setting for a one-act opera written by Victor Ullman and Petr Kien in 1942 while both were inmates at the Theresienstadt concentration camp; some believe the land actually used to exist prior to an ancient apocalypse (8)
- 155 A branch of languages that includes Hungarian, along with languages found in Siberia (5)
- 157 European capital, organised in a strip, where singer Rita Ora was born; in 2030 it will host the Mediterranean Games (8)
- 159 Capital of an island nation - a city first established by French colonists who arrived in 1756, and then renamed with a clearly British name in 1841 as the seat of the British colonial government (8)
- 160 A collective of seven monarchs, each with their own territory, that leads to a single nation that is an elective monarchy with a combined population of approx, 10 million (6,4,8)
- 164 Capital city which is the only place where test cricket is played on South America (10)
- 165 Capital of island nation that provided a setting for the James Bond films Thunderball (1965), Never say never again (1983) and Casino Royale (2006) (6)
- 166 Country between oceans that was at the centre of the Mayan civilisation - even today 21 Mayan languages are spoken here (9)
- 167 Caribbean country of two main islands which Columbus surveyed in 1493; however, the British colonised here, and thus it is that the locals have produced cricketers such as Viv Richards and Curtly Ambrose (7,3,7)
- 168 Country in which Africa's highest mountain is found; it is the most populous country that lies entirely south of the equator (8)
- 171 Capital where one can find the Forbidden City and the Temple of Heaven (7)
- 175 Country that includes the fertile alluvial plains of the rivers Tigris and Euphrates - an area sometimes called 'The Cradle of Civilisation' (4)

- 179 Country that Tom Hanks is trying to reach when he gets stuck in *The Terminal* (9)
- 180 Capital in the Lesser Antilles which is named after its cathedral; it also has the island's only rum distillery (5,5)
- 181 Capital in the Persian Gulf that hosted the 2022 FIFA World Cup (4)
- 182 Capital situated on the Mekong River; at its centre is the gold-covered Buddhist stupa of Pha That Luang (9)
- 185 African capital on the Gulf of Guinea hidden in some lilac craftwork (5)
- 186 Country that comprises 14,125 islands; much of its territory is mountainous, leading to high population density on its coastal plains for the 125 million inhabitants (5)
- 188 One of the oldest cities on earth that is claimed as a capital by opposing sides; it has twice been destroyed, besieged 23 times, and captured / recaptured 44 times (9)
- 189 Country whose foundations were laid with the marriage of Ferdinand and Isabella in 1469 (5)
- 192 Capital after which a Latin dance style was named, the most famous example of which is from Bizet's *Carmen* (6)
- 193 European country that was born of the 1995 Dayton Agreement and is now seeking membership of the EU (6,3,11)
- 195 A representative of one country sent to another on diplomatic business (5)
- 197 Capital city founded in 1525 and built on the site of Cuzcatlan - capital of the Pipil and Nahua people; Archbishop Oscar Romero of this city, considered the 'voice of the voiceless', was assassinated while saying Mass in 1980 (3,8)
- 198 Archipelago of three islands in the Indian Ocean that claimed independence from France in July 1975, a year after nearby Mayotte had voted against a similar move to independence in a referendum (7)
- 200 Capital city served by Entebbe Airport and situated between the two arms of the East African Rift System (7)
- 202 Island capital city in the Persian Gulf named after the Arabic word for 'place of rest' (6)
- 203 Capital in West Africa built on the slender Kaloum Peninsula - the result of a coy rank order; its Grand Mosque has 4 tall minarets (7)
- 207 An island nation of two archipelagos (archipelagi?) off the Atlantic coast of Africa that became an independent nation in 1975; the Pico Cao Grande with its summit at 663m above sea level is a notable landmark near the equator (3,4,3,8)
- 209 Capital in the Caucasus on the Kura River; at its centre is Freedom Square (sometimes translated as Liberty Square) (7)
- 210 Capital city located on Java with a 132m obelisk in the centre of Merdeka Square which has a gold foil flame at its top which was built 1961-75 (7)
- 212 Landlocked country in West Africa which gained independence from France in 1960 since when there have been five coups d'état, the most recent in July 2023 (5)
- 215 Capital of the 26th largest island in the world that itself belongs to a much larger island nation (6)
- 216 Capital of 121D, located on St. Mary's Island, where the river named after the country enters the Atlantic Ocean (6)
- 217 Capital of a land-locked country in West Africa; the city was home to the local King of the Mossi Empire - known as the Mogho Naaba, or 'King of All the World' - a tradition that ended when the French took over in 1896 (11)
- 219 African country on the Atlantic coast with an economy built largely on oil and diamonds; its Cabinda province (of 2,800sq miles) is separated from the rest of the country by a 37mile wide strip of 226A (6)
- 221 Island nation first settled by Polynesians, and then found by Abel Tasman in 1642 (3,7)
- 223 Country situated on the eastern half of Hispaniola (9,8)
- 226 The second largest African nation; it gained independence from Belgium in 1960, but remains the most populous Francophone country in the world (10,8,2,3,5)
- 230 Country in West Africa that gained independence from France in 1960; most of its 13 million people live in the south (5)
- 232 Country in the Horn of Africa which became independent of its neighbour in 1993 (7)
- 234 Landlocked European country that celebrates its independence on 8th September 1991 (5,9)
- 238 Caribbean capital that was badly damaged in a powerful earthquake on 12th January 2010 (4-2-6)
- 240 European capital on the Dambovita river; the city has the largest parliament building in the world and the extraordinarily large Lake Vacaresti Nature Park (9)
- 241 Archipelago nation just north of the equator and west of the international date line; there are five islands and 29 coral atolls and it has been a site for America space launches, including some involving Elon Musk's SpaceX rockets (8,7)
- 245 The southernmost of all EU state capitals; in its walled centre is the late gothic St John's Cathedral of 1665 which has fine picturesque frescos (7)
- 246 European country that this summer celebrated the Golden Jubilee of King Carl XVI Gustaf (6)
- 247 European capital that has one of the best-preserved Old Towns, and is also considered greenest capitals in Europe; modern architecture includes the 148m high Europa Tower opened in 2004 (7)
- 250 Asian capital, lying on the Ganges delta; it is the seventh most densely populated city in the world, though it has space for cricket (5)
- 252 Capital of the state of Maharashtra and its nation's financial centre (6)
- 253 Landlocked African country which is largely desert, though it does have the continent's second-largest wetland which is believed to have been a lake of 130,000 square miles 7,000 years ago; the nation gained its independence from French colonial rule in 1960 (4)
- 254 Asian capital and a regional force in finance, business, and pop culture; cultural landmarks include the Buddhist temples Wat Arun and Wat Pho, though in recent decades the skyline has become filled with modern skyscrapers (7)
- 257 Caribbean capital, locally known by its 110,000 residents as 'The Town'; the Pickwick Cricket Club plays at a ground that shares its name with a ground in London (10)
- 260 Country located on the Arabian Peninsula; the UNESCO heritage site of Shibam is nicknamed 'Manhattan of the Desert' owing to its high-rise architecture (5)
- 261 European capital, overlooked by Vitosha mountain and on the banks of the Iskar river - a tributary of the Danube (5)
- 265 Nation that won its independence in 1828 and the inaugural FIFA World Cup in 1930 (and again in 1950); composer Gerardo Matos Rodriguez who wrote *La Cumparsita* in 1917 - still the best-known tune of its genre was born here (7)

266 African country, where the famous 'Smoke that thunders' is located on one of its southern borders (6)

268 One of the oldest towns in the Caribbean and Capital of a two-island state; it was founded by the French in 1627; the Circus in the centre was modelled on Piccadilly (10)

269 A microstate on the northeast side of the Apennine mountains and enclaved by Italy; it is the fifth smallest country in the world with just over 23 square miles and a population of nearly 34,000 (3,6)

270 Nation with a Caribbean coast and a short Pacific coast at the Bay of Fonseca and - since 2022 - their first female president in power, Xiomara Castro; the La Ceiba Carnival is a week-long celebration in honour of the town's patron saint, St Isidore (8)

273 African capital on the Atlantic coast, a French version of 82A maybe? (10)

275 Neighbouring city to 104D with the bonus of having a large port on the Yellow Sea (7)

277 Largest city in the Levant region, and capital of a kingdom; at its centre is the ancient Citadel, now an archaeological site with the remains of the Temple of Hercules (5)

279 Nation of which Shakespeare's existentially-challenged hero was Prince (7)

280 Caribbean capital, where you can visit the Bob Marley museum, and then go to watch test cricket at Sabina Park (8)

282 Nation which, having gone through bad times, now has 12 official languages and is sometimes called the Rainbow Nation; the country boasts cave paintings that are approx 75,000 years old - the oldest art in the world! (5,6)

284 Country situated on the western half of Hispaniola (5)

286 Commonwealth nation in West Africa which gained independence from the UK in 1960; it is the nation closest to the intersection of the equator and the Greenwich meridian, and has the largest (by surface area) reservoir in the world in Lake Volta formed by the Akosombo Dam (completed 1965) (5)

287 South American nation called by an indigenous word meaning 'Land of many waters'; among the waters is the Kaieteur Falls - the world's largest single drop waterfall (6)

289 A state in which one is likely to be exploring a wildly optimistic fantasy with just two notes (5,6,4)

290 An island kingdom in Oceania with 171 islands, 45 of which are inhabited; the current monarch is King Tupou VI (5)

291 Mediterranean capital with two natural harbours; there are many 16th century buildings constructed by the Knights Hospitaller (8)

292 Caribbean capital, founded by the French in 1650, and then used by the British as the capital of the British Windward Islands (5,7)

293 Mythological Prince, son of King Priam and Queen Hecuba; also, a European capital with a famous left bank, popular with artists, writers and philosophers (5)

296 South American nation which gave the world the author of Love in the Time of Cholera and One Hundred Years of Solitude (8)

298 African capital on the Atlantic coast which was the destination for a famous annual motor rally starting in Paris that ran from 1978 to 2007 before security worries moved the event to South America (5)

299 Caribbean capital, home of the largest stock exchange in the region; test cricket is played at the Queen's Park Oval (4,2,5)

301 Country that takes its name from the Latin for 'Southern Land'; though the explorer Abel Tasman who visited in 1642 and 1644 named it New Holland (9)

305 African capital with two cathedrals; Holy Trinity Cathedral was built in commemoration of the victory over Italian occupation, and it is where Emperor Haile Selassie is buried (5,5)

308 Country located on a famous isthmus that belonged to 296A until 1903 when independence was declared, supported by the USA which was eager to construct a waterway there; today this makes a significant contribution to the GDP (6)

311 Capital of 112A, challenged by rising sea levels and the salination of soil which limits freshwater supplies (5,6)

312 Playwright who wrote a 5-act play in which the eponymous hero travels from the Norwegian mountains to the North African desert and back; Grieg supplied the incidental music (5)

313 European country on the Baltic from where composer Arvo Part comes, collapsing into sea (7)

314 Strictly the name of an entire island of which the northern part (17% of the land mass) belongs to another nation, but the name is commonly used for the republic that is the majority shareholder (7)

318 Sultanate on the Arabian Peninsula; increasingly tourism is contributing to its economy which was previously heavily dependent on oil and gas (4)

319 African capital (at least, seat of government) situated on the veldt at an altitude of 1,339m above sea level; it is nicknamed 'the Jacaranda City' on account of the estimated 70,000 such trees in the city (8)

321 Capital of a Russian republic, named checked by Bridget Jones, which is situated on the Sunzha River (6)

323 African capital in the Khomas Highland plateau area at approx 1,700m above sea level (8)

328 Landlocked country in Eastern Europe which gained its independence in 1991; its current president remains the man who first held that position, making him Europe's longest-serving president (7)

329 Country to which some have sung about travelling by slow boat (5)

330 Small African nation - an absolute monarchy ruled by King Mswati III since 1986 - located between 282A and 26D; its name was changed in 2018 (8)

331 An archipelago nation in the Indian Ocean; with an average elevation of 1.5m above sea level (making it the lowest country in the world), it was devastated in the Boxing Day tsunami of 2004 (8)

333 Capital of a Pacific island nation; its Cathedral of the Immaculate Conception was destroyed in the earthquake of 2009, and a new cathedral dedicated in 2014 (4)

334 Capital of landlocked country in central Asia near the Karakum Desert (8)

336 Capital of the Inca empire (5)

337 Nation that spans 11 time zones (6)

340 Enclave kingdom - the only one not in Italy (7)

342 Asian nation most famous for 'the largest religious structure in the world' (according to the Guinness Book of Records) that was built in the 12th century as a Hindu temple, and gradually transformed into a Buddhist temple (8)

344 African nation that nearly surrounds 121D where most of its people speak Wolof, though French is its official language; Orchestra Baobab is probably the most famous musical group from here (7)

347 European capital located on the Moraca river; there is an Ottoman clocktower built in 1667 that stands in the Stara Varos ('Old Town') neighbourhood (9)

351 Nation in West Africa, once part of the kingdom of Kaabu, that was colonised by the Portuguese and declared its independence in 1973; its main exports are coconuts, brazil nuts and cashews (6-6)

353/339D City that is its nation's administrative centre and seat of government and thus has been described as its de facto capital; it is also a very significant centre for the legal profession (3,5)

354 The commercial capital, balancing 353A, where one can enjoy fabulous art by Rembrandt, Vermeer and Van Gogh (9)

355 Colloquial term for someone from 93D (4)

356 The original name for an Asian capital first established in the mid-17th century before changing to 218D in 1924 (4)

357 Large African nation that gained its independence from British and Egyptian powers on 1st January 1956; the huge man-made Lake Nasser is on its northern border (5)

358 Opera set in 125D (during the time of the 'Old Kingdom') and had its premiere there on 24 December 1871 (4)

359 One of the most sparsely populated of countries, and essentially the nation of the Tswana people; the land is dominated by the Kalahari, though for contrast there is also the Okavango Delta (8)

363 Capital located on the Cook Strait named after a famous British victor (10)

365 Capital in the middle east with the remarkable Sheikh Zayed Grand Mosque which can accommodate 41,000 worshippers (3,5)

366 European capital on the Sava River; the fabulous Cathedral of the Assumption of Mary has survived damage in several earthquakes, most recently in 2020 (6)

367 Crescent-shaped coastal area of 248D of which the regional capital is Genoa (7)

369 The second largest island in the nation of 12D (4)

370 Region of 248D of which the capital is the city from where a famous stage merchant came (6)

371 The smallest country in Central Asian which became an independent nation in 1991; most of its territory is at an altitude of over 3,000m above sea level (10)

373 A newly planned city in Africa, built largely in the 1980s which took over from its nation's most populous city as the capital on 12th December 1991 (5)

375 European capital on the Dnieper River where the Mariinskyi Palace - official residence of the national president - is located (4)

376 Landlocked African nation between the Limpopo and Zambezi rivers; significant exports include platinum and diamonds - the Marange diamond field is estimated to have produced 12 million carats in 2014 (8)

377 Nation in the South Caucasus that declared its independence on 18th October 1991; sadly, the first years of independence was dominated by fighting over Nagorno-Karabakh (10)

380 Nation officially called the Hellenic Republic (6)

383 European capital, original of 44D, nicknamed 'the City of a Hundred Spires' where Don Giovanni had its premiere on 29th October 1787; top tourist attractions include the Orloj, the Karluv most, and Wenceslas Square (6)

384 Spanish province of which the capital is Bilbao (6)

387/391A Two Caribbean islands that together make one Caribbean country (8,6)

391 See 387 Across

392 West African capital that is soon to be replaced with the new-build Ciudad de la Paz (not to be confused with 22A/46D...! (6)

393 Kingdom in the Levant region named after the river that joins the Sea of Galilee and the Dead Sea, and where one can visit the Rose City carved into pink sandstone cliffs (6)

394 People from 221A, as colloquially referred to ... perhaps suggesting that they don't get in a flap (5)

395 Formally a 'Democratic People's Republic' which ends at the 38th parallel (5,5)

396 The only South American capital city with immediate access to the sea (4)

397 Fifth largest country in the world, and birthplace of the bossa nova (6)

398 Landlocked country in the Great Rift Valley of Africa that gained independence in 1962; its indigenous people include Hutu and Tutsi people, a situation which the UK government are keen to dilute... (6)

399 A European microstate on the French Riviera where Prince Albert II of the House of Grimaldi is head of state (6)

400 Capital in West Africa where the largest Christian church in the world - the Basilica of Our Lady of Peace, consecrated by Pope John Paul II in 1990 - is situated (12)

401 Nation in Central Asia on the Silk Road that gained its independence in 1991; the country has the world's fifth largest reserves of natural gas and a large part of the Karakum Desert (12)

402 European capital at the confluence of the Sava and Danube rivers (8)

403 An archipelagic state of 155 islands in the Indian Ocean; the national culture blends French, British and African influences (10)

404 Landlocked European country whose current name and status was established on 31st December 1992 when 63D gained its independence; the writer Vaclav Havel was president before and after the change in status (7)

Down

1 American state, with a capital city of the same name, where there's a bright golden haze on the meadow (8)

2 The smallest nation state in the world (7,4)

3 Nation in the Caucasus region that regained its independence in 1991; history tells that they suffered the first genocide at the hands of Ottoman forces; their folk music often features the duduk (7)

4 Capital in the middle of Africa on the banks of the Ubangi river (6)

5 93D in brief (3)

6 The name used by nomadic reindeer herders of northern Europe use for their own lands across Scandinavia and the Kola Peninsula (5)

7 European capital on the River Rhine; a castle on perched on a steep hill overlooking the city is the official residence of the Prince (5)

8 Capital in West Africa situated on the Niger river; the city is well-known for its musical scene, involving artists such as Salif Keita, Toumani Diabate and Ali Farka Toure; the city gave its name to a film shown at the Cannes Film Festival in 2006 (6)

9 Capital of the French region of Normandy, with a fabulous Gothic cathedral which has a tomb with the heart of Richard the Lionheart (5)

10 West African capital founded in 1822 and named after the US president of the day, a prominent supporter of the American Colonization Society; the city lies on the Atlantic coast and has a large natural harbour which is now an official Freeport (8)

12 Small archipelago nation where English is one of the two official languages; the country has membership of the EU (5)

13 One of the Windward Islands of the Lesser Antilles with an area of 238sq miles and a constitutional monarchy; the island has held an annual jazz festival since 1992 with Herbie Hancock, Elton John and Ladysmith Black Mambazo among those who have appeared (5,5)

15 The land or city in which Abraham was born, according to Genesis; in 2021 Pope Francis visited the supposed location in modern-day Iraq (2)

16 Troubled religious land found in serial reform (6)

18 Capital of an archipelagic Lusophone nation (where one might expect locals to be in green cloaks), found on the southern coast of Santiago island; the population is around 160,000 people (5)

19 Acrostic A spells out central American nation (5,4)

21 South American country where Shakespearean lady from Twelfth Night is listed second (7)

24 Central Asian country on the Silk Road which gained its independence on 31st August 1991 (10)

26 African country whose colonization began with the visit of Vasco da Gama in 1498, with independence achieved in 1975 following the Portuguese Colonial War (10)

27 Asian nation that is the world's largest landlocked country and setting for the 2003 Oscar-nominated film The Story of the Weeping Camel (8)

29 Country with approx. 180,000 lakes (7)

30 Nation that recently became no.1 in the list of countries by population (5)

31 Island capital in the Indian Ocean where the Natural History Museum has a gallery devoted to a famously extinct bird (4,5)

33 Capital where the King lives in the Zarzuela Palace and the art is in the Prado gallery (6)

34 European nation, independent from June 2006, a member of NATO in 2017 and with plans to join the EU in 2025; one of its finest buildings is the Cathedral of Saint Tryphon in Kotor (10)

36 American capital at 2,240m above sea level which was originally founded by indigenous people as Tenochtitlan; today it is the largest Spanish-speaking city in the world (6,4)

38 Capital city located on the Danube, alongside which is the fine parliament building; the city has around 80 geothermal springs (8)

42 Muslim nation in West Africa with huge bauxite reserves as well as gold and diamonds; it achieved independence in 1958 and had its first democratic elections in 2010 (6)

44 A conceptual land where artistic types reside. though also a region of 404A (7)

46 See 22 Across

47 Wonderful capital where one can visit the 17th century waterfront Nyhavn, and might even see a little mermaid (10)

49 Nation in the middle east, ranked third last in the 2022 Global Peace Index; Bashar al-Assad is president, having inherited the position when his father died in 2000 (5)

50 Army man reformed in southeast Asian nation (7)

51 Capital in the Middle East where the tallest skyscraper is the Burj Rafal at 310m tall (6)

53 Asian capital located on the Taedong River, 68 miles inland from the Yellow Sea; sometimes called 'Capital of the Revolution' (9)

54 Island nation whose parliament, the Althingi, was founded in 930; a land famous for geothermic activity and ancient saga (7)

57 Nation of over 2,000 small islands in Oceania whose full title includes 'Federated States of...'; the mains groupings are Caroline Islands, Gilbert Islands, Mariana Islands and Marshall Islands (10)

61 A small landlocked nation and the only surviving grand duchy in the world; it is where the Court of Justice of the European Union is located (10)

63 European nation that emerged from the 'Velvet Divorce' on 1st January 1993 (8)

65 Capital transport system of 293A (5)

67 Capital of 24D - a czarist planned city in the Tian Shan mountain range (7)

70 Capital where the Graf Spee was scuttled by her captain after the Battle of the River Plate in December 1939 (10)

72 Capital of 290A where the wooden Royal Palace is located (9)

74 Southern hemisphere capital with the Plaza de Mayo at its centre and the Casa Rosada (presidential palace); other cultural highlights include the Teatro Colon opera house of 1908 and the haunting sounds emanating from the San Telmo district (6,5)

75 The continent with the most countries, and capitals! (48) (4)

77 City that, these days, is only the 23rd most populous in its country, but in its heyday, capital of the Mughal Empire, and in 1631, the fifth emperor commissioned one of the most famous buildings in the world, which stands to this day (4)

80 Landlocked nation in Southeast Asia; part of its border is the Mekong River (4)

83 Capital in West Africa on the Atlantic coast; until 1958 it was a small village, then it was planned to accommodate 15,000 people and be the capital of the nascent nation; today its population is approx 1.5 million (10)

86 The second largest nation on earth by area, and the nation with the longest coastline (6)

89 African capital with its own National Park, known for the breeding of the endangered black rhino, and home to giraffe, zebra and lions; hence it is known as the 'Safari Capital of the World' (7)

91 Country formerly known as Ubangi-Shari, currently engaged in a civil war that began in 2012; despite mineral deposits and uranium reserves, it is among the ten poorest nations, and considered the worst country in which to be young (7,7,8)

92 Nation on the southern coast of West Africa; French is its official language, though it is estimated that 78 languages are spoken here; it is the world's premier exporter of cocoa beans and has played in the FIFA World Cup on three occasions (4,1,6)

93 'Land of the Free' allegedly, that is 6th highest in list of the proportion of a nation's population that is incarcerated (6,6,2,7)

95 Two island nation in the Caribbean which is the smallest nation in the western hemisphere; the larger island was the first in the region to see English and French colonies, thus it has been called 'The Mother Colony of the West Indies' (5,5,3,5)

97 Former name for 50D (5)

98 Nation in Southeast Asia that is part peninsula and part island; part of the British empire and then occupied by the Japanese, the country achieved independence in 1957, and finalised its territories in 1965 (8)

99 Country that seemed relatively well-named until 23rd June 2016... (6,7)

100 Caucasian capital where the skyline is dominated by the mountain where Noah's ark came to rest; it is home to many museums and libraries, including the Matenadaran which has over 17,000 ancient manuscripts and bibles from the middle ages (7)

103 Capital in Europe that has an Old Town that is one of the best-preserved medieval cities (and a UNESCO world heritage site); the city also has Lauuluvaljak where the national song festival is held every five years, with a choir of 30,000 performing to an audience of 80,000 (7)

104 Asian capital that hosted the Olympic games in 1988; also, home to the old royal residence of Gyeongbokgung palace which has 7,700 which now house the National Folk Museum (5)

105 Capital in Central America that was 90% destroyed by earthquake in 1972 (7)

109 Capital of an island nation yet 1,280m above sea level in the middle of the island (12)

113 Unofficial capital of the champagne region, with a high gothic cathedral where French Kings were crowned; also where General Eisenhower received the German unconditional surrender on 7th May 1945 (n.b. we've used the English variant spelling here) (6)

115 An ancient kingdom mentioned in the Bible and the Quran whose Queen made an impressive entrance... (5)

116 Archipelagic nation in Southeast Asia comprising 7,641 islands; named after a king of Castile by explorer Ruy Lopez de Villalobos in 1543, the nation finally won independence in 1946 (11)

118 The world's newest sovereign state or country, becoming formally independent on 9th July 2011; the White Nile passes through its territory (5,5)

121 The smallest country of mainland Africa; but for a short stretch of coast, it is an enclave of 344A; its sole official language in English (3,6)

122 Capital that is the most populous city in Europe (6)

125 A cradle of civilisation, famous for its ancient pyramid schemes (5)

127 Nation in the Middle East that sounds as though we have to be patient twice over... (6)

128 European nation where Willem-Alexander became King in 2013 (11)

132 Fourth largest island in the world, and the largest to be an independent nation (either side of French colonisation that ended in 1960); home to the ring-tailed lemur (10)

134 Capital in West Africa that blurs into the city of Aflao on the other side of the border with 286A (4)

135 Capital located on the Tigris River; in 762 it was chosen to be the capital of the Abbasid Caliphate and was possibly the largest city on earth until destruction at the hands of the Mongol Empire in 1258 (7)

136 Capital of 114A that was the site of a battle between Allied and Japanese forces in 1942; situated by a bay on the north coast, the headland has a 27m high statue of Christ called Cristo Rei that was unveiled in 1996 (4)

138 Low angle rebuilt in African city that was promoted to capital, taking over from Zomba, in 1975 (8)

139 Fictional country that is the setting for Winston Churchill's only major novel, published in 1900 (8)

141 Capital with a Mediterranean coast; chosen by Conde Nast Traveller in 2013 as one of their 'Top 20 best cities in the world', the

141 Capital with a Mediterranean coast chosen by Conde Nast in 2013 as one of the 'Top 20 best cities in the world', the city port suffered a massive explosion in 2020 that killed over 200 people (6)

143 European nation with a population of 10-11 million, although across the globe around 250 million speak its language; its highest point is on the island of Pico (8)

145/224D A self-governing part of the Kingdom of 279A with its own language; puffin is part of the local cuisine (5,7)

146 The capital that is closest to the equator, and located at 2,850m above sea level; the city centre was one of the first two heritage sites declared by UNESCO in 1978 (the other was Krakow) - not least for the Basilica and Convent of San Francisco (5)

147 Nation in West Africa that was formerly a Spanish colony, gaining independence in 1968; its territory includes two islands, one of which - the volcanic Annobon - is in the opposite hemisphere (10,6)

151 Built as a new capital city in the 1960s, to a design by Greek architect Constantinos Apostolou Doxiadis, with a name befitting for the world's largest Muslim population (9)

152 Country in West Africa where the official language is French, which makes us wonder why it isn't known as Aller... (4)

154 Nation governed by Islamic theocracy; it is seismically very active with, on average, a Richter magnitude 7 earthquake every ten years; traditional instruments here include the oud (4)

156 African nation with a proud football history, having won gold at the 2000 Olympics and making the quarter-finals in the 1990 FIFA World Cup (defeating Argentina along the way) (8)

158 Asian nation where you might enjoy a cocktail at Raffles - if not, sling it! (9)

161 European capital with a fine Grand Place and a notorious early 17th century statue of a urinating little boy (8)

162 Nation where conquistador Hernan Cortes arrived in 1519; among its cultural treasures are Chichen Itza, the paintings of Frida Kahlo, the writings of Octavio Paz, the symphonies of Carlos Chavez, and the UNESCO listed gastronomy (6)

163 Archipelagic nation located in the Windward Islands; the islands include Mustique, where the Prince and Princess of Wales (aka William and Kate) have often taken holidays (5,7,3,3,10)

169 African capital at the confluence of the Logone and Chari Rivers; in WWII the French relied on the city's airport to move troops and supplies (1,7)

170 Capital on the east bank of the Potomac River (10,2)

172 Descendent of Cain mentioned in Handel's oratorio Joshua as owner of a lyre, loses his learner status, to leave one with African capital (4)

173 An absolute monarchy with coasts on the Red Sea and the Persian Gulf (5,6)

174 Country which is part of the Kingdom of 128D; its first oil refinery opened in 1924, but its oil industry closed in 1985, and today the largest industry is tourism (5)

176 South American country that won independence at the Battle of Ayacucho in December 1824; considered one of the 'Cradles of Civilisation' its past cultures include Nazca culture, the Wari and Tiwanaku empires and the Incas (4)

177 The highest point in 186A of which Hokusai made 36 woodblock prints (4)

178 Asian capital located at the confluence of the Klang and Gombak rivers; the city is known for its twin Petronas Towers 451.9m tall - that starred in Entrapment (1999) - now no longer the tallest building here (5,6)

178 Asian capital located at the confluence of the Klang and Gombak rivers; the city is known for its twin Petronas Towers 451.9m tall - that started in Entrapment (1999) - now no longer the tallest building here (5,6)

183 Central American nation named by conquistador Pedro de Alvarado which finally gained independence in 1898 after a turbulent time; the country has a folk dance called the Xuc and the largest football stadium in the region which seats 53,400 fans (2,8)

184 Mediterranean nation where ancient Carthage was located and where the Great Mosque of Uqba is found (7)

187 Kingdom on the Persian Gulf comprising 50 natural islands and 33 artificial ones; after time in the Portuguese Empire, and then as a British protectorate, the nation gained independence in 1971 (7)

190 Nation where a former Test cricketer became Prime Minister in 2018; he has subsequently survived an assassination attempt and then been arrested on corruption charges (8)

191 The de jure capital of an Andean country - it sits at 2,790m above sea level - named after a revolutionary leader and friend of Simon Bolivar; the Cathedral Basilica, where Juan de Araujo (1680-1712) was maestro di cappella, has vast amounts of jewellery, silver and gold (5)

194 African capital on the Indian Ocean located where a Tsonga fishing village was originally sited; a melting pot of various cultures - Portuguese, Bantu, Indian and Chinese (6)

196 Nation in southeast Asia, officially a Socialist Republic, despite a costly attempt to change its politics from outsiders; its Halong Bay (meaning 'descending dragon') is a UNESCO world heritage site (7)

198 Archipelagic nation off the westernmost point of Africa that was uninhabited until the arrival of Portuguese navigators c.1456; the national music is called morna, a melancholy song form sung in creole as performed by Cesaria Evora (4,5)

199 Transcontinental nation where the remarkable neolithic site of Gobekli Tepe is located (6)

201 One of the most densely populated cities in the world, with a population of approx 250,000; the city comprises a central island, an airport island and four further islands (4)

202 Island nation in the Indian Ocean where Arab, Portuguese and Dutch sailors visited long ago; in 1810 it was seized by the British and became an important sugar-producing colony; it was the only known home for the bird immortalised by Alice in Wonderland (9)

204 Capital in the Horn of Africa which has served as an important port for traders across the Indian Ocean for millennia (9)

205 African capital named after the chief who lived in the area when British settlers arrived; its Indingilizi gallery, opened in 1982, showcases a range of Swazi art (7)

206 Capital city of the US state of Kansas (6)

208 European microstate whose capital is at 1,023m above sea level; tourism is its main industry, supported by tax-free status and winter resorts (7)

211 Capital long seen as a centre for democracy, the arts, and philosophy; it hosted the Olympic Games millennia ago, and then also in 1896 and 2004 (6)

213 Nation in the Caucasus region that has been making wine since 6,000BC - the oldest known; after independence, Eduard Shevardnadze (Soviet Minister of Foreign Affairs 1985-91) served as president (7)

214 Country ruled by Nicolae Ceausescu 1965-89 and now a member of NATO and the EU; geographically it has the Carpathian Mountains and the Danube Delta (7)

218 The coldest capital in the world by annual average temperature; the city was linked to Moscow and Beijing by train in 1956 (11)

220 Capital of 322D; located on the island of Efate, the city suffered extensive damage from Cyclone Pam in March 2015 (4,4)

222 Capital in West Africa, lying on the river that shares its name with the nation; the city hosts the National Museum which includes a zoo, a craft centre and dinosaur skeletons (6)

224 See 145 Down

225 Mediterranean nation which joined the EU in 2004, and which has been claimed by two neighbours; there are precedents - it was seized by Alexander the Great in 333BC (6)

227 South American capital - home to the Simon Bolivar Symphony Orchestra (7)

228 A doubly landlocked country in Central Asia that declared its independence from the Soviet Union in 1991; its cultural riches include the cities of Samarkand and Bukhara (10)

229 Capital city in Central Asia destroyed by Genghis Khan in 1219, and rebuilt from the profits of the Silk Road; its national opera theatre is called the Navoi (8)

231 European capital on the banks of the Danube; Haydn, Mozart and Beethoven all performed here, and Hummel was born here; the National Museum is housed in the city's castle, 85 metres above the river (10)

233 Capital of 137A located on the northern coast of Guadalcanal (7)

235/390D City and special administrative region of 329A since 1997; previously a British colony, with an impressive waterfront (4,4)

236 A landlocked and mountainous nation in central Europe that declared perpetual neutrality in 1955 (7)

237 Central American capital claimed by the Spanish in 1578, and made capital 270A of on 30th October 1880 (11)

239 North Africa capital, though only the country's seventh-largest city; the city's historic walls, completed in 1197, include Bab er-Rouah - a monumental gateway in the ramparts (5)

242 Capital of many names: 'The Eternal City', 'The City of Seven Hills', 'The Cradle of Western Civilisation'.. (4)

243 Asian capital located on the Red River Delta; originally capital of French Indochina 1902-45, gained its current status in 1976; and is home to the Perfume Pagoda - a complex of Buddhist temples and shrines built into limestone mountains (5)

244 African nation with an Atlantic coast; it was the first African nation to proclaim independence (in 1847) and thus was Africa's first modern republic; one of the poorest countries, its major industry is shipping as it has 'flag of convenience' status (7)

246 Nation located between the Yellow Sea and the Sea of Japan; their 'Gangnam Style' was a worldwide hit a decade or so ago (5,5)

248 Birthplace and heart of the Renaissance, and also four-time winners of the FIFA World Cup (5)

249 African nation that won independence from the UK in 1962 since when there have been many difficult times, including the dictatorship of Idi Amin (1971-79) (6)

250 Island nation in the Caribbean that owes its name to the fact Columbus first saw it on Sunday 3rd November 1493; its nickname is 'the Nature Island of the Caribbean', with Boiling Lake among its treasures (8)

250 Island nation in the Caribbean named by the fact Columbus first saw it on Sunday 3rd November 1493; nicknamed 'Nature Island of the Caribbean', with Boiling Lake among its treasures (8)

251 Capital located at the confluence of the Blue Nile with the White Nile (8)

254 Island nation in the Caribbean that has produced many fine cricketers including Sobers, Greenidge, Garner, Marshall and 'the three W's'; and also the singer Rihanna (8)

255 African capital and one of the world's fastest-growing cities with an estimated population of 16 million; it is home to the Orchestre Symphonique Kimbanguiste - the only known orchestra in Central Africa - founded by sacked pilot Armand Diangienda in 1994, for which he was made an honorary member of the Royal Philharmonic Society (8)

256 City designed by Oscar Niemeyer to be a new capital in 1960; of South American cities, it has highest GDP per capita (8)

257 A Buddhist kingdom known for its monastery at Paro Taktsang - one of thirteen so-called 'Tiger Nest' caves in which Padmasambhava practised and taught Vajrayana (6)

258 Capital designed by Edwin Lutyens; the foundation stone was laid by George V during the Imperial Durbar of 1911, and inaugurated in 1931 (3,5)

259 Nation whose gastronomy is listed as a UNESCO cultural heritage; its people on average each drink 40 litres of wine per year; in times of revolution, they allegedly eat cake (6)

262 Island nation in the Caribbean, the southernmost island of the Antilles; the USA invaded in 1983 to overthrow a communist leaning regime (7)

263 European capital located at the mouth of the River Tagus; the castle of Sao Jorge has an archaeological history going back to the 2nd century BC (6)

264 South American country that was part of the Inca empire; there is fascinating ornithological and reptilian natural history on its islands 560 miles to the west (7)

267 Mediterranean nation where the Beqaa Valley is located, and in it, the Temple of Bacchus, built c.150AD (7)

268 Kingdom nation located on the island of Borneo with two unconnected areas of the island (6)

271 A Polynesian nation with two main islands - Savai'i and Upolu - two other inhabited islands, and several uninhabited ones; it has competed at every Rugby Union World Cup since 1991 (5)

272 South American capital with a population of 7 million, founded in 1541 by Pedro de Valdivia; the local mountains make a stunning backdrop (8)

274 Asian capital (with a corner of European influence) (6)

276 State that occupies a peninsula in the Middle East; first written about by Pliny the Elder in the 1st century AD, and included on a map by Ptolemy a century later, the nation has been ruled by the House of Thani since 1868 (5)

278 Landlocked African nation that in 1300 was the wealthiest country on the continent owing to its gold reserves; today it is known for musicians Toumani Diabate and Ali Farka Toure, and the amazing Djinguereber Mosque in Timbuktu built in 1327 (4)

280 African capital since its nation claimed its independence from Belgium in 1962; the Umusambi Wetlands, which drain into the Nyabarongo River, are home to grey crowned cranes (6)

281 Melanesian capital on the island of Viti Levu that hosted the inaugural Pacific Games in 1963; the city has a Carnegie Library, built in 1909 (4)

282 European capital built on the River Vardar and overlooked by its fortress which was badly damaged in the 1963 earthquake, but duly rebuilt (6)

283 African capital built at 2,325m above sea level on an escarpment that is part of the edge of the Great Rift Valley; initially made a capital by Italian colonisers, it lost its status due to Emperor Haile Selassie, but regained it when the war of independence ended in 1991 (6)

285 European country that has the wonderful Dalmatian coast and includes the city where Diocletians built a palace to which he retired in 305AD and the popular tourist destination of Dubrovnik (7)

288 European country taken over by the Ottomans who reached the Ionian coast in 1385; Gjergj Kastrioti Skanderbeg then led the resistance that halted the Turkish advance for 25 years; a double-headed eagle is the national emblem (7)

289 African capital that gave birth to the original pyramid scheme (5)

294 Caribbean capital of 250D, just one compass point from being an important philosopher of the Enlightenment; in 2007 a cricket stadium was opened, named Windsor Park (6)

295 Central American capital named after famous father figure from Nazareth (3,4)

297 The commune of 242D on the Tyrrhenian Sea near the mouth of the Tiber, and now a major archaeological site (5)

300 Nation ruled by the House of Glocksburg - the current monarch is Harald V; its territories include Jan Mayen and Bouvet Island in the sub-Antarctic, and a claim is made for Queen Maud Land (6)

302 A traditional cake associated with Christmas, and an North African capital with a large UNESCO World Heritage listed Medina that has palaces, mosques, mausoleums and madrasas dating back to its foundation in 698 (5)

303 North African coastal capital; among its landmarks is the Basilique Notre Dame d'Afrique, built by European settlers in 1872 (7)

304 Someone from 279A - the 4-legged representatives are great...! (4)

306 Capital of 241A with a population of around 23,000, and where the 33-seat legislative body the Nitijela meet; the city was claimed by the Germans in 1885, the Japanese in 1914, and the USA in 1944 and finally won independence in 1978 (6)

307 Capital in southern Africa planned in 1964 prior to national independence two years later; the site was chosen for access to fresh water (the Notwane River which was dammed for the new city) and to the railway to Pretoria (8)

308 Capital of 57D since 1989 - a town of under 5,000 residents; it is located on the largest, highest and wettest island in the country, with an economy based on subsistence farming and fishing (7)

309 A grape variety used in wine-making, and, also, a capital city of the Middle East with a population of around 1.7 million; nearby are the Straits of Hormuz and the Hafar mountains (6)

310 Capital with a population of approximately 20,000, that hosts the secretariat of the Organisation of Eastern Caribbean States; landmarks include the Cathedral of the Immaculate Conception - the largest church in the Caribbean, and Derek Walcott Square - after the Nobel winning poet and playwright (8)

311 European nation where the Red Cross was born, and where one might hear Romansh spoken (11)

313 Nation in East Africa ruled by the Solomonic dynasty from the 13th to the 20th century until Emperor Haile Selassie was overthrown by a soviet-backed military junta; the country has an impressive record in athletics, especially long-distance running - for example Haile Gebrselassie (8)

315 European island capital and world's northernmost capital (9)

316 North African nation, the 4th largest on the continent and 95% desert; inhabited by the Berbers since the late Bronze Age, in more recent times the country had a long-lasting (42 years) dictator who was eventually overthrown and killed in 2011 (5)

317 The most populous country in Africa and, also, the 6th largest exporter of petroleum with 159 oil fields and 1,482 oil wells currently in operation (7)

319 South American capital, the inner part of which has been a UNESCO World Heritage site since 2002 (10)

320 US state of which Augusta is the capital (5)

322 An island nation in the South Pacific, formerly known as the New Hebrides, that gained independence in 1980 and has since become a member of the UN; there are 65 inhabited islands with 810 miles between the most northern and most southern (7)

324 The largest country in Central America; known as 'the land of lakes and volcanoes', 7 of the country's 50 volcanoes are still active (9)

325 Landlocked country in Central Asia with a coastline on the Caspian Sea; the Baikonur Cosmodrome is the world's oldest and largest spaceport (10)

326 Penalties ordered for today's national hotspot (9)

327 Capital of Spanish island where Bellver Castle is found: the first circular castles in Europe, built for King James II in the 14th century (5)

331 Capital of archipelago nation in the Indian Ocean, located on the island of Ngazidja; situated at the foot of the volcano Mount Karthala, the eruption of 2005 caused the displacement of many due to volcanic ash (6)

332 Nation on the southwest coast of West Africa which became independent from the UK in 1961 (6,5)

335 Polynesian nation, formerly known as the Ellice Islands, comprising three reef islands and six atolls; the highest elevation above sea level is 4.6m, and so it is thought to be the first nation that will be totally submerged owing to climate change (6)

338 Nation in the Horn of Africa and with the longest coastline on Africa's mainland (7)

339 See 353 Across

340 European capital whose symbol is a dragon; according to Greek myth it was slain by Jason (after his Fleece duties) in the expansive marsh area here, and now appears on top of the tower of the local castle and in the city's coat of arms (9)

341 South American nation with the world's largest known oil reserves, the world's tallest uninterrupted waterfall, and a river that shares its name with a womble (9)

343 Capital in Central Asia located at the confluence of the rivers Varzob and Kofarnihon (8)

344 Landlocked European nation which is the birthplace of tennis star Novak Djokovic (6)

345 Capital city that is only the eight-largest city in its country, but the largest that is inland (8)

346 Capital city where one might spy a girl pushing a wheelbarrow through the broad and narrow streets (6)

347 Capital city in Southeast Asia; one of its most visited museums is the Tuol Sleng Genocide Museum, housed in a former Khmer Rouge prison (5,4)

348 African city that became its nation's capital in 1996, inheriting the status from Dar es Salaam (6)

349 The largest nation in Africa; the Hoggar mountains are in the south of the country; it is the home of a style of folk music called Rai (7)

350 Capital in West Africa, although the seat of government is in the larger city of Cotonou (5-4)

352 Capital of the Puglia region of 248D (4)

354 Nation where one can climb the highest mountain that is not in Asia (9)

360 Himalayan capital with the Tashichho Dzong monastery - a Buddhist monastery - on its northern edge which is also the seat of government (7)

361 Island nation in the Indian Ocean with its own subspecies of elephant and leopard (3,5)

362 The official currency of 96A (4)

364 Nation where one can climb the highest mountain (5)

368 Kingdom in North Africa whose main port is also the name of an iconic film of 1942 that was filmed in ... Los Angeles (7)

370 Largest city on the River Danube that has a towering cultural history ranging from Mozart to Sigmund Freud (6)

372 Nation in Central America; a former British colony, it shares more history and culture with Caribbean countries than its direct neighbours (6)

374 Males in confusion in capital of the US state of Oregon (5)

378 Name of 226A in the years 1965-97 (5)

379 Port on the Arabian Peninsula, and capital of South Yemen until Yemeni unification in 1990 (4)

380 African nation located on the equator where, since independence from France in 1960, there have been two President Bongos (5)

381 Nation which is 2,670 miles north-to-south, but a maximum of only 217 miles west-to-east (5)

382 Nation in Oceania, surrounded by coral reef, which is the third-smallest in the world (after 2D and 399A) with a total area of 8.1sq miles and around 10,000 people; transport off the island is by air to Brisbane (5)

385 Capital city in the Caucasus region which has hosted a Formula One Grand Prix each year since 2017; the 007 film The World is Not Enough (1999) is partially set in the city (4)

386 A South Pacific country of more than 330 islands, more than 100 of which are inhabited; the national sport is Rugby Sevens (4)

388 European capital, a former Hanseatic League member, located at the mouth of the Daugava River with over 800 Art Nouveau buildings, making its centre a UNESCO World Heritage site (4)

389 Generic term for those of a widespread ethnic group found across Western Asia and Northern Africa (4)

390 See 235 Down

Thank you for tackling our
Nations and Capitals
Crossword!

