Articles with Geographical Names

We use ‘no article’ with:

Lakes: We visited Lake Geneva.
Mountains: I saw Mount Fuji from the aeroplane.
Continents: She loves living in Asia.
Most countries: She travelled to Chile last year. (But: The USA / the United States, the Netherlands, the Philippines, the United Kingdom / the UK.)
Counties, states, provinces, regions: They live in California.
Cities, towns, villages: He stayed in Paris for a week last year.
Islands: Bali is popular with Australian tourists.

We use ‘the’ with:

Rivers: The River Nile flows through Egypt.
Mountain ranges: We ski in the Alps every year.
Deserts She travelled across the Sahara.
Oceans and seas: We sailed around the Mediterranean.
Groups of islands: They went to the Canary Islands.