Peninsulas of the World

Can you unjumble these areas of land surrounded by water and connected to a mainland by an isthmus?

NAARIAB	<u>-</u>
ZEAHTRDLI	
AOBOHIT	<u>-</u> -
HTAKKMCAA	<u>-</u>
IMAERC	<u>-</u>
RRNOOTES	<u>-</u>
IOPGLLLIA	
ONAFRASSCCNI	<u>-</u>
LMREAVAD	<u>-</u> -
TANAAB	<u>-</u>
NEIBIAR	<u>-</u> -
DTJUANL	<u>-</u>
BONUS WORD:	
	(form bonus word from the marked letters in the other answers

©All-Star Puzzles. Solve more puzzles on the web at http://allstarpuzzles.com