Si estas harto de hablar con humanos y te apetece hablar con servidores web, este es tu post xD

Ahora en serio, para usar telnet y comprobar que una web se encuentra operativa, ya sea por scripts de monitorización o comprobación rutinaria, aquí tienes (en ingles) unos cuantos pasos útiles para tu uso cotidiano :)

fuente: http://tonycode.com/wiki/index.php?title=Making_HTTP_requests_via_telnet

Simple telnet HTTP requests

Using Telnet is a great way to learn about HTTP requests.

For example.. back in the 90s microsoft was running their sites on apache. Nowadays they are eating their own dog food. ;-)

Here is a simple HEAD request to microsoft.com via telnet.

$ telnet microsoft.com 80

Trying 207.46.232.182...

Connected to microsoft.com.

Escape character is '^]'.

HEAD / HTTP/1.0

HTTP/1.1 301 Moved Permanently

Connection: close

Date: Thu, 12 Jul 2007 15:25:37 GMT

Server: Microsoft-IIS/6.0

X-Powered-By: ASP.NET

Location: http://www.microsoft.com

Content-Length: 31

Content-Type: text/html

Set-Cookie: ASPSESSIONIDSCAQCSBR=FMPJMMPAMGNBFELIPABIHHMN; path=/

Cache-control: private

Connection closed by foreign host.

The command above was simple. HEAD / HTTP/1.0 followed by 2 line feeds.

The 80 specified in the telnet command is the port that you are hitting when you type http://microsoft.com/ in a browser. If another port is used you will see it after a colon. ex: http://tonycode.com:8080/ hits the server running on port 8080. If there was one. :-)

When doing GET commands you usually end up sending headers with your command. You should always send the Host header (this isn't required for HTTP/1.0 but many servers are running multiple sites so you'll want to send this.)

Here's an example of a GET against my home page.

$ telnet tonycode.com 80

Trying 208.97.136.171...

Connected to tonycode.com.

Escape character is '^]'.

GET / HTTP/1.1

Host: tonycode.com

HTTP/1.1 200 OK

Date: Thu, 12 Jul 2007 16:10:02 GMT

Server: Apache/1.3.37 (Unix) mod_throttle/3.1.2 DAV/1.0.3 mod_fastcgi/2.4.2 mod_gzip/1.3.26.1a PHP/4.4.7 mod_ssl/2.8.22 OpenSSL/0.9.7e

MS-Author-Via: DAV

Last-Modified: Wed, 11 Jul 2007 14:10:28 GMT

ETag: "19cf7aa-68d-4694e4d4"

Accept-Ranges: bytes

Content-Length: 1677

Content-Type: text/html