

While winters in the northern part of the region are often long and cold, southern winters are less harsh although certain areas, especially those without the moderating influences of the Gulf of St. Lawrence and the Great Lakes, have heavy snowfalls and temperatures in the -20°C range. As if to compensate for winter, the region's summers are warm and enjoyable.

The production of minerals in Ontario is more diverse than in any other Canadian province, with nickel, copper, precious metals, iron ore and zinc leading in output. In Quebec, the most important minerals produced include iron ore, copper and zinc. In addition, both provinces produce some 65 per cent of Canada's structural materials such as gravel and cement.

Forestry contributes greatly to the economy of the region. Quebec has more than 624 000 km² of forest land with some 533 000 km² of the public forests in production. Productive forested land in Ontario amounts to some 38 million ha. As two of the three leading timber-producing provinces, Ontario and Quebec produce most of the groundwood pulp and hardwood plywood and account for 34 of the 46 largest print, publishing and related industries in the country.

