

Central Canada



Provinces

Central Canada includes the provinces **Ontario** and **Quebec**.



Capital Cities

*Population as of 2016 according to Statistics Canada

Province or Territory	Total Population	Capital City
Ontario	13,983,000	Toronto
Quebec	8,326,000	Quebec City

Location

The provinces of Central Canada are located east of Manitoba and west of the Atlantic provinces. Ontario and Quebec are the most densely populated provinces in Canada. Toronto, Ontario has the highest population of any city in Canada. Ottawa (Canada's capital city) is in Ontario and it is where the federal government is located. Quebec is the only province or territory in Canada whose official language is French.



Wildlife

Some of the animals that live in central Canada include beavers, black bears, white-tailed deer, loons and walruses, just to name a few.

Environment

Southern Ontario can have milder winters than Northern Ontario and Quebec where it is cold. Ontario and Quebec can also receive lots of snow in the winter. There are winter celebrations in both provinces, which include activities such as creating ice sculptures. Quebec is home to an ice hotel in the winter. Winters are long and cold while summers are very hot and short. The Canadian Shield also runs through central Canada and is very rocky. Central Canada is home to many parks.



Natural Resources

Ontario is home to all of the great lakes except Lake Michigan. These lakes hold one fifth of all the freshwater in the world. 66% of Ontario's land is forest. Wood, paper and pulp are resources produced in both Ontario and Quebec. Quebec is also mined for silver, copper, gold and iron.



Photo courtesy of Matias Garabedian (@Wikimedia Commons) - granted under creative commons licence - attribution