Abstract of the Disclosure

A glass-ceramic substrate for a magnetic disk suitable for use as a contact recording type magnetic disk includes alpha-cristobalite (alpha-SiO_2) and lithium disilicate ($Li_2O \cdot 2SiO_2$) as main crystal phases. The ratio of alpha-cristobalite/lithium disilicate is within a range from 0.25 to 0.35. a grain diameter of crystal grains is within a range from 0.1 μm to 1.0 μm, surface roughness (Ra) of the substrate after polishing is within a range from 2 Å to 10 Å and abrasion resistance index (Aa) of the substrate is within a range from 5 to 15.

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