## ABSTRACT OF THE DISCLOSURE

An optical information medium comprises a transparent substrate (1) for penetrating a recording laser beam therethrough, spiral-like grooves (3) for tracking, formed on a surface of the transparent substrate (1), lands (4), each being defined between the grooves (3), a recording layer (12) being formed on the surface of the transparent substrate (1), on which the grooves (3) and the lands (4) are formed, and a reflective layer (13) formed on the recording layer (12) to reflect the recording laser beam, thereby enabling to record optically readable signals by means of the recording laser beam being incident upon from said transparent substrate (1). A width d on an upper surface of the land (4) is equal to or greater than 0.30 $\mu$ m and is equal to or less than 0.45 $\mu$ m (0.30 $\mu$ m $\leqq$ d $\leqq$ 0.45 $\mu$ m). With such the optical information medium, it is possible to obtain an accurate tracking servo, and a high reflectivity as well.