

ABSTRACT

The present invention concerns an optical disc for adjusting an optical pickup used for adjusting a pair of optical pickups capable of recording and reproducing a double-sided type optical disc. The optical disc for adjusting the optical pickups comprises: a first signal recording part (5) that is irradiated with a laser beam from one surface side; and a second signal recording part (7) that is irradiated with the laser beam from the other surface side to record data so that a scanning direction by the laser beam is opposite to that of the first signal recording part (5).