

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>FORSYTHE DARYL R</u> (Last) (First) (Middle) <u>52 SOUTH BROAD STREET</u> (Street) <u>NORWICH NY 13815</u> (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol <u>NBT BANCORP INC [NBTB]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>CEO NBT Bancorp</u>		
			3. Date of Earliest Transaction (Month/Day/Year) <u>06/30/2005</u>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
			4. If Amendment, Date of Original Filed (Month/Day/Year)					

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
NBT Bancorp Inc. Common Stock	06/30/2005		M		9,540	A	\$20.441	118,215.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		S		9,540	D	\$24.0001	108,675.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		M		8,920	A	\$16.0625	117,595.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		S		8,920	D	\$24.0001	108,675.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		M		13,833	A	\$20.5952	122,508.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		S		13,833	D	\$24.0013	108,675.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		M		8,160	A	\$14.3492	116,835.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		S		8,160	D	\$24.0002	108,675.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		M		256	A	\$17.538	108,931.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		S		256	D	\$24.0002	108,675.691	D	
NBT Bancorp Inc. Common Stock	07/01/2005		M		5,516	A	\$18.1632	114,191.691	D	
NBT Bancorp Inc. Common Stock	07/01/2005		M		3,045	A	\$20.5952	117,236.691	D	
NBT Bancorp Inc. Common Stock	07/01/2005		M		1,980	A	\$16.0625	119,216.691	D	
NBT Bancorp Inc. Common Stock	07/01/2005		M		2,300	A	\$14.3492	121,516.691	D	
NBT Bancorp Inc. Common Stock								8,585.849	I	401k
NBT Bancorp Inc. Common Stock								2,758.846	I	NBT Bancorp ESOP
NBT Bancorp Inc. Common Stock								1,511	I	by Spouse

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Non-Qualified Stock Option (right to buy)	\$14.3492	06/30/2005		M			8,160	01/28/2003 ⁽¹⁾	01/28/2012	NBT Bancorp Inc. Common Stock	8,160	\$0	12,760	D	

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$14.3492	07/01/2005		M			2,300	01/28/2003 ⁽¹⁾	01/28/2012	NBT Bancorp Inc. Common Stock	2,300	\$0	10,460	D	
Non-Qualified Stock Option (right to buy)	\$16.0625	06/30/2005		M			8,920	01/22/2002 ⁽¹⁾	01/22/2011	NBT Bancorp Inc. Common Stock	8,920	\$0	1,980	D	
Non-Qualified Stock Option (right to buy)	\$16.0625	07/01/2005		M			1,980	01/22/2002 ⁽¹⁾	01/22/2011	NBT Bancorp Inc. Common Stock	1,980	\$0	0	D	
Non-Qualified Stock Option (right to buy)	\$17.538	06/30/2005		M			256	01/01/2004 ⁽¹⁾	01/01/2013	NBT Bancorp Inc. Common Stock	256	\$0	21,569	D	
Non-Qualified Stock Option (right to buy)	\$18.1632	07/01/2005		M			5,516	01/27/1999 ⁽¹⁾	01/27/2008	NBT Bancorp Inc. Common Stock	5,516	\$0	0.99	D	
Non-Qualified Stock Option (right to buy)	\$20.441	06/30/2005		M			9,540	04/28/2001 ⁽²⁾	04/28/2009	NBT Bancorp Inc. Common Stock	9,540	\$0	960	D	
Non-Qualified Stock Option (right to buy)	\$20.5952	06/30/2005		M			13,833	01/26/2000 ⁽¹⁾	01/26/2009	NBT Bancorp Inc. Common Stock	13,833	\$0	3,045	D	
Non-Qualified Stock Option (right to buy)	\$20.5952	07/01/2005		M			3,045	01/26/2000 ⁽¹⁾	01/26/2009	NBT Bancorp Inc. Common Stock	3,045	\$0	0	D	
Non-Qualified Stock Option (right to buy)	\$23.7553	07/01/2005		A		5,516		07/01/2007 ⁽²⁾	07/01/2015	NBT Bancorp Inc. Common Stock	5,516	\$0	5,516	D	
Non-Qualified Stock Option (right to buy)	\$23.7553	07/01/2005		A		3,045		07/01/2007 ⁽²⁾	07/01/2015	NBT Bancorp Inc. Common Stock	3,045	\$0	8,561	D	
Non-Qualified Stock Option (right to buy)	\$23.7553	07/01/2005		A		1,980		07/01/2007 ⁽²⁾	07/01/2015	NBT Bancorp Inc. Common Stock	1,980	\$0	10,541	D	
Non-Qualified Stock Option (right to buy)	\$23.7553	07/01/2005		A		2,300		07/01/2007 ⁽²⁾	07/01/2015	NBT Bancorp Inc. Common Stock	2,300	\$0	12,841	D	
Non-Qualified Stock Option (right to buy)	\$19.7917							08/11/2005 ⁽²⁾	08/11/2013	NBT Bancorp Inc. Common Stock	5,200		5,200	D	
Non-Qualified Stock Option (right to buy)	\$19.7925							08/14/2005 ⁽²⁾	08/14/2013	NBT Bancorp Inc. Common Stock	6,050		6,050	D	

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				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$19.8125							08/12/2005 ⁽²⁾	08/12/2013	NBT Bancorp Inc. Common Stock	11,700		11,700	D	
Non-Qualified Stock Option (right to buy)	\$20.0558							08/05/2005 ⁽²⁾	08/05/2013	NBT Bancorp Inc. Common Stock	4,000		4,000	D	
Non-Qualified Stock Option (right to buy)	\$22.1715							01/01/2005 ⁽¹⁾	01/01/2014	NBT Bancorp Inc. Common Stock	30,444		30,444	D	
Non-Qualified Stock Option (right to buy)	\$22.3517							09/01/2006 ⁽²⁾	09/01/2014	NBT Bancorp Inc. Common Stock	9,700		9,700	D	
Non-Qualified Stock Option (right to buy)	\$22.4075							09/08/2006 ⁽²⁾	09/08/2014	NBT Bancorp Inc. Common Stock	15,365		15,365	D	
Non-Qualified Stock Option (right to buy)	\$23.2708							01/20/2006 ⁽¹⁾	01/20/2015	NBT Bancorp Inc. Common Stock	31,907		31,907	D	

Explanation of Responses:

- Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan reload grant vests 100% two years after date of its grant.

By: Michael J. Chewens, Power
of Attorney For: Daryl R. Forsythe 07/05/2005

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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