

**FORM 5**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

**ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

OMB APPROVAL	
OMB Number:	3235-0362
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- Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).
- Form 3 Holdings Reported.
- Form 4 Transactions Reported.

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>INGRAHAM JANET H</u>			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 Officer (give title below) Other (specify below)			
(Last)	(First)	(Middle)	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) <u>12/31/2007</u>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person			
<u>52 SOUTH BROAD STREET</u>			4. If Amendment, Date of Original Filed (Month/Day/Year)						
(Street)	<u>NORWICH</u>	<u>NY</u>	<u>13815</u>						
(City)	(State)	(Zip)							

**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 at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Amount	(A) or (D)	Price			
NBT Bancorp Inc. Common Stock	12/31/2007		J	41.342	A	\$41.342 <sup>(1)</sup>	17,234.312	D	
NBT Bancorp Inc. Common Stock	12/31/2007		J	1.741	A	\$0 <sup>(1)</sup>	528.125	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)
					(A)	(D)	Date Exercisable	Expiration Date					
Non-Qualified Stock Option (right to buy)	\$20.1067						07/27/2009 <sup>(2)</sup>	07/27/2017	NBT Bancorp Inc. Common Stock	758	758	D	
Non-Qualified Stock Option (right to buy)	\$20.12						08/04/2005 <sup>(2)</sup>	08/04/2013	NBT Bancorp Inc. Common Stock	300	300	D	
Non-Qualified Stock Option (right to buy)	\$20.7492						05/01/2006 <sup>(3)</sup>	05/01/2015	NBT Bancorp Inc. Common Stock	1,500	1,500	D	
Non-Qualified Stock Option (right to buy)	\$21.3108						05/06/2006 <sup>(2)</sup>	05/06/2014	NBT Bancorp Inc. Common Stock	309	309	D	
Non-Qualified Stock Option (right to buy)	\$21.5133						11/06/2005 <sup>(2)</sup>	11/06/2013	NBT Bancorp Inc. Common Stock	184	184	D	
Non-Qualified Stock Option (right to buy)	\$21.74						05/01/2007 <sup>(3)</sup>	05/01/2016	NBT Bancorp Inc. Common Stock	1,500	1,500	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)
					(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$22.1388						01/01/2005 <sup>(3)</sup>	01/01/2014	NBT Bancorp Inc. Common Stock	1,265		1,265	D	
Non-Qualified Stock Option (right to buy)	\$22.4842						05/01/2008 <sup>(3)</sup>	05/01/2017	NBT Bancorp Inc. Common Stock	1,500		1,500	D	
Non-Qualified Stock Option (right to buy)	\$22.5708						05/02/2009 <sup>(2)</sup>	05/02/2017	NBT Bancorp Inc. Common Stock	625		625	D	
Non-Qualified Stock Option (right to buy)	\$23.0658						10/30/2009 <sup>(2)</sup>	10/30/2017	NBT Bancorp Inc. Common Stock	235		235	D	
Non-Qualified Stock Option (right to buy)	\$23.2708						01/20/2006 <sup>(3)</sup>	01/20/2015	NBT Bancorp Inc. Common Stock	630		630	D	
Non-Qualified Stock Option (right to buy)	\$24.2958						02/26/2009 <sup>(2)</sup>	02/26/2017	NBT Bancorp Inc. Common Stock	282		282	D	

**Explanation of Responses:**

- Shares acquired under NBT Bancorp Dividend Reinvestment Plan during period of January 1, 2007 to December 31, 2007 at prices ranging from \$22.6543 to \$23.7832 per share.
- Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan reload grant vests 100% two years after date of its grant.
- Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan grant vests 40% for first year, 20% annually for following years.

By: Michael J. Chewens,  
Power of Attorney For: Janet    01/15/2008  
H. Ingraham

\*\* 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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