

Inc.
Common
Stock

ESOP

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

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SEC 1474
(9-02)

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 Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011 ⁽²⁾ 01/15/2020	NBT Bancorp Inc. Common Stock 18,000
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009 ⁽³⁾ 01/15/2018	NBT Bancorp Inc. Common Stock 18,000
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005 ⁽³⁾ 01/01/2014	NBT Bancorp Inc. Common Stock 715
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007 ⁽³⁾ 01/01/2016	NBT Bancorp Inc. Common Stock 22,000
Non-Qualified Stock Option	\$ 23.2708					01/20/2006 ⁽³⁾ 01/20/2015	NBT Bancorp 17,500

(right to buy)

Inc.
Common
Stock

Non-Qualified
Stock Option \$ 25.38
(right to buy)

01/15/2010⁽²⁾ 01/15/2019

NBT
Bancorp
Inc. 18,0
Common
Stock

Non-Qualified
Stock Option \$ 25.762
(right to buy)

01/01/2008⁽³⁾ 01/01/2017

NBT
Bancorp
Inc. 20,0
Common
Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CHEWENS MICHAEL J 52 SOUTH BROAD STREET NORWICH, NY 13815			Sr EVP & CFO	

Signatures

By: F. Sheldon Prentice, Power of Attorney For: Michael J.
Chewens 01/22/2013

__Signature of Reporting Person

Date

Explanation of Responses:

- * 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).
- (1) The sale price is an average of 300 shares sold at \$ 20.76, 449 shares sold at \$ 20.78, 51 shares sold at \$ 20.80, 200 shares sold at \$ 20.81, 100 shares sold at \$ 20.82, 2 shares sold at \$ 20.84, 200 shares sold at \$20.8554, 198 shares sold at 20.86 and 225 shares sold at \$ 20.929.
- (2) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.
- (3) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.