Trust me, you don't want to get into the habit of using Boolean, unless its a simplistic shape, and even then it's better to just learn how to extrude by edge, which is very simple once you know what is what.

 The best way to make a tunnel is to delete both faces, extrude in a shape you wish to make the tunnel with on one side, then clone that when you have the base of it completed on one side.

  I have made an image to try give an example of how you would go about making a tunnel, or anything else really. It might look confusing but just follow the steps and try it out as you go along, I made sure that I left nothing out. Oh and Right click the "word" Perspective and click show grid, makes it much easier to see what your doing when in that window